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THE

FAMILY

ORACLE OF HEALTH;

ECONOMY,

MEDICINE, AND GOOD LIVING;

ADAPTED TO

ALL RANKS OF SOCIETY, FROM THE PALACE TO THE COTTAGE.

By A. F. Crell, M.D. F.R.S., and W. M. Wallace, Esq.,
Assisted by a Committee of Scientific Gentlemen.

VOL. I.

[Sixth Edition.]

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1824.

TO THE

SCIENTIFIC AMATEURS

OF GOOD LIVING, WHO ENJOY PRIME DINNERS,

AND

JOLLIFY OVER CLARET AND GLENLYVET,

AT

AMBROSE'S,

EDINBURGH;

AND

TO THE PRESIDENT, W. GRAHAM, Esq.

AND MEMBERS OF THE

GLASGOW PUNCH CLUB.

THIS VOLUME OF

THE ORACLE

IS INSCRIBED WITH BROTHERLY KINDNESS,

AFFECTIONATE GREETING, AND WARM WISHES, FOR THEIR

HEALTHFUL PROSPERITY, AND RAPID PROGRESS

IN THE NOBLE SCIENCE OF COMFORT AND ENJOYMENT,

BY

THE EDITORS.

SONNET AMBROSIAL.

Ambrose! great glory of the bloody road
Of Gabriel, in the famous City, known
As modern Athens, where upon his throne
Of mountain granite old King Arthur's stow'd;
But still more famed because that thine abode
There flourishes above the realms of steak—
Chop—cutlet—lobster—salmon's curdy flake—
Chief ruler owned at home and eke abroad.
Oh! that we had the keen and caustic wit
Of North—the sage, most ancient Christopher,
Or Hogg's neat jests and sayings apposite,
Or the famed Ensign's frolics.—Then we were
Able to laud the glories of thy spit
And cask, both redolent of joyous cheer.

P.S.—As we are not able to do this properly, we must content ourselves with inscribing these rhymes to

MR. AMBROSE,

OF

GABRIEL'S ROAD,

Chief of the illustrious Chop-Shop, which gives title to the

NOCTES AMBROSIANÆ,

Which he is requested kindly to accept, with his wonted benignity, by his

most obedient,

and very humble servants,

A. F. CRELL, M.D. } Joint Editors of
W. M. WALLACE, } "The Oracle."

THE

FAMILY ORACLE.

ON THE SCIENCE OF GOOD LIVING.

[Communicated by an Amateur.]

It has always puzzled me exceedingly to account for good-eating—the tabular pleasures, in a word, of a genuine gourmand—being so often made the subject of vulgar wit and irreverent jesting. A matter of so much importance to all, as the support of life by delicious nourishment, ought, one should think, to be treated with some seriousness and gravity, instead of the mockery and ridicule so unaccountably tolerated from hungry hypocrites who live by their wits—though they seem to be hard run for topics when they are forced to quiz the very dinner which keeps them alive; like the serpent in the fable, that stung the peasant for warming it in his bosom. This shameful practice ought, I think, in this enlightened age, to be put down, as it so richly deserves, by cool contempt or neglect—the most powerful of all means for silencing a witless jester, who has nothing to boast of but effrontery and impudence.

During a long life, I have, for my own part, uniformly looked upon the enjoyments of the table as the most innocent and natural, and as the most worthy of being examined by philosophic experiment. Few philosophers, indeed, have attended sufficiently to the subject, though it must be obvious to all, that many of them would have been more usefully employed in examining the qualities of turtle, or the process of pickling, than in pursuing idle *etourderies*, and spinning fantastic theories. Fameless as I am in the Republic of Science, I have come to the resolution of supplying—as far as my observation and my reading enable me—this *hiatus valde deflendus*, in the philosophy of the Table, and of sketching from my private Manual

of Good Living, which is my inseparable dinner companion—such remarks and memoranda as may be useful to all who set a just value on the pleasures of the table, and at the same time, on the preservation of their health, to the latest period of a long life.

In performing this arduous task, I have had recourse to Botany, Zoology, Physiology, and all the sciences which bear, either directly or indirectly, on the great processes of eating and digestion. I have ransacked libraries for the opinions of the learned, and I have performed innumerable experiments, to satisfy myself of their accuracy. I have sought for the best living authorities among those who are renowned for their knowledge of daintics and delicacies, both amateurs of fortune—the Apicii, Luculli, and Amphytrions of the age—and the importers of foreign rarities and dealers in the *friandises* of our own produce. But withal, I have, as many others have done before me, to lament the weakness and narrow-sightedness of human nature, which confines the range of philosophic research within so limited a sphere, and renders our most profound knowledge only a sort of respectable ignorance. It will scarcely be believed, and I could not, when I began my researches, have anticipated, that Chemistry, which is peculiarly the science of the table, should have so greatly disappointed my hopes; and it is doubtless rather singular, in this age of improvement, when we find so many easy Introductions to Chemistry in every body's hands—that almost none of them—no, not even the voluminous systems of the science, mention in detail the processes so important to our existence, as the preparation of food and drink. May not this omission have arisen from the wit and ridicule just alluded to, as so often directed against the literature of the kitchen and the cellar? And are our systematic Chemists indeed afraid of "the world's dread laugh?" When really, after all, there is nothing so very laughable in preparing the nourishment which we daily want, and cannot dispense with—in preparing it skilfully on scientific principles, so that it shall prove both savoury to the taste, wholesome to the constitution, and productive of a long and happy life.

Though an amateur in all that can delight the appetite, and a bitter enemy to the wicked machinations of water-drinkers and vegetable eaters against the natural comfort and enjoyments of the human race—I give no quarter to ignorant and indiscriminate gluttony and pampering; but instead of ridicule, I think the propensity to guzzle and cram ought to be met with pity or with stern rebuke. Every body must despise such

a character as Justice Greedy, in the Play, whose whole soul is set upon his "substantials," and his "loin of veal;" but it is only a piece of foolish and unmeaning cant (and there is not much meaning in any sort of cant) to affect to ridicule what is so indispensably useful as the gratification of the appetite.

I have uniformly observed that such witlings are notorious hypocrites—who have for the most part been starved into stupidity—for while they affect temperance, and frame their pastoral eulogiums on the hermit's fare, of roots and spring water, they are secretly longing after, and will be among the first (if they can procure an invitation) to partake and enjoy the nicest tit-bits of a corporation feast:—just like the moralist whose delicate feelings are shocked when criminal indulgences are barely hinted at; but who will not scruple to revel in secret in the grossest sensualities; and, even when he cannot actually do so, will, with little less criminality, allow his thoughts and his fancy to wanton and wallow in imaginary scenes of debauchery and vice—though it is of much more importance to keep the thoughts and the fancy pure, than to square the language of our every-day intercourse, down to the level of meaningless hypocrisy, and the false and the smooth-going decencies of *cant*.

To proceed, then, philosophically, I shall examine both the elements which constitute the savoury and nourishing parts of our delicacies, and the individual articles themselves as produced by nature or prepared by art. I shall examine and experiment upon all the chemical principles of animal food in general, and then on the peculiarities of veal, and venison, and turbot; and in the same way shall the qualities of vegetables be investigated, and the particular flavours of delicate salads and rare fruits. The whole science of the dessert, with the philosophy of *pâtisserie*, and the chemistry of wine-making and liqueur-making, shall be taken by turns, as I feel myself in the vein; for nothing is more irksome to a gourmand than logical formality and regular sequence of thought. It spoils digestion, and will turn the most erudite viands into gross fermentation, with the certainty of producing crudities and cross humour. I give you warning, then, that you are not to expect regularity, in the subject of my sketches, no more than you would expect the dishes arranged in a square, or a parallelogram, or a quincunx, on the table of a gourmand; for all who have the least smattering of the science of good-eating, have learned from the profound author of the *Almanach*, that nothing is so great a *bêtise* as a dinner regularly set out and squared to the parallelism

of the table. No mathematician, of course, can ever arrive at the high pleasure of relishing a dinner on scientific principles, for there must be, as in Nature, a harmonious confusion. Regularity spoils all pleasure.

Defence of Cookery against Addison.

Though the pleasures of the table, as has been justly said in the *Almanach des Gourmands*, are the first which we enjoy, the last which we abandon, and those of which we most frequently partake; yet has cookery been censured — severely censured, not only by wits, but by moralists and physicians, as the fertile source of injury and evil. So early as the time of the patriarch Isaac, the sacred historian is displeased with Esau for being so fond of pottage as to part with his birth-right in exchange; and Jacob meets with little less favour for making savoury meat for his father, in order to rob his brother of the paternal blessing. The ancient Stoics and Cynics, also, laughed at cookery, pretending, in the height of their vanity and pride, to be above the desire of eating niceties—pretences which Lucian, with his inexhaustible and cutting satire, most effectually exposed.

In our own times, there has not been wanting a multitude of writers who have attacked the use of a variety of food as a dreadful evil. "Should we not think a man mad," says Addison, "who at one meal will devour fowl, flesh and fish; swallow oil and vinegar, salt, wines, and spices; throw down salads of twenty different herbs, sauces of an hundred ingredients, confections, and fruits of numberless sweets and flavours?" "What unnatural effects," he adds, "must such a medley produce in the body? For my part, when I behold a table set out in all its magnificence, and different kinds of food, I fancy that I see gouts and dropsies, and fevers and lethargies, and other innumerable distempers, lying in ambuscade among the dishes.

Now all this, and similar declamation, is no doubt very plausible and very fine; but like many other fine speeches of moralists and reformers, it is more fine and specious than it is just. It is, indeed, as good a theory as may be, that cookery is the source of most or all our distempers; but withal it is a mere theory, and only true in a very limited degree. The truth is, that it is not cookery which is to blame, if we surfeit ourselves with its good dishes; but our own sensual, insatiable, and unscientific appetites, and ignorant gluttony, which prompt us to seek gratification at the expense even of health, and of course, at the expense of all real pleasure.

This is easily proved: savages, whose cookery is in the rudest state, are more apt to over-eat themselves, than the veriest glutton of a luxurious and refined people; a fact, which of itself is sufficient to prove, that it is not cookery which is the cause of gluttony and surfeiting. The savage, indeed, suffers less from his gluttony than the sedentary and refined gourmand; for after sleeping, sometimes for a whole day, and after gorging himself with food, hunger again drives him forth to the chace, in which he soon gets rid of the ill-effects of his over-loaded stomach, by hard exercise and fresh air.

Surely cookery is not to blame for the effects of gluttony, indolence, and sedentary occupations; yet it does appear, that all the ill-effects of these are erroneously charged to the account of refined cooking. The defence of cookery, however, which we thus bring forward to repel misrepresentation, applies only to the art of preparing good and wholesome food. We cannot say one word in defence of the wretched and injurious methods, but too often practised under the name of cookery, and the highly criminal practices of adulterating food with substances deleterious to health. Upon such, our animadversions cannot be too marked and severe, and as we proceed with our work, we shall let slip no opportunity of exposing them.

These charges least of all apply to the amateur of the science of good-living. He does not make a voracious and indiscriminate attack upon every dish; he knows better how to proportion and prolong the true natural pleasures of the appetite by skilfully selecting his tit-bits from the various dishes before him, and dwelling with exquisite gratification on every mouthful that travels over the surface of his delicate palate. He knows well that the wish of the little girl, celebrated in the *Almanach des Gourmands*, who was desirous that her stomach had been capacious enough to allow her to eat continually—is impossible; and reconciling himself to his lot, he husbands his room and his spare corners, and prolongs his enjoyment, by the slowness of his eating. He also knows, that by cramming his stomach with ignorant voracity, that it would unfit him for the pleasures or the next meal, and perhaps derange or destroy his appetite for a week—a month—or for ever;—and where would be the science of throwing away all the powers of enjoyment on a single half-hour's gratification, when more real pleasure can be obtained by nice selection and scientific eating? The cynical and senseless scribblers who make the objections, have evidently no palate to gratify, and as Nature has deprived them of this, she has likewise withheld from them

all sense to relish or comprehend the wise purposes for which they were bestowed on the gourmand, and therefore they

> Compound for sins they are inclin'd to,
> By damning those they have no mind to.

Your German, after all, as we shall presently see, is your true amateur in the important art

Of Eating Scientifically.

At Vienna, it is the custom to sit down to dinner at noon, and finish the sitting at half past ten at night; the dinner continuing from three to four hours, every thing being managed slowly, with true German patience. When the process of eating is over and the dishes removed, those who choose take a turn in the open air to cool themselves, and stimulate their appetites to a fresh enjoyment, to which they soon return, another course of delicacies being served up to employ the time till supper. At eight, four or five hours after dinner, supper is brought in, and two hours and a half are usually employed in regaling on the pleasures of this social meal. This slow eating, though we pronounce it to be highly scientific, the very summit of refinement in the art of gratifying the appetite, would not be endured by Englishmen, who are in this respect quite barbarous and uncivilized compared with the slow eating German. M. Grimrod de Reynier says, that it would quite *desolate* a Frenchman, who usually despatches the most exquisite dishes with heedless voracity. Yet will your true German gourmand not perhaps eat so much as an Englishman or a Frenchman, and certainly not so much as a Scotsman, set down to finish his two quarts of hodge-podge and his three pounds of haggis in fifteen minutes, as if he were matched against time. A faster eater will consume a fourth more at a meal than a slow eater, and the German shows the good sense of his nation by keeping to the maxim that, "*The first digestion is made by the teeth.*"

As all genuine gourmands eat slowly from the experience that fast eating soon destroys the stomach and brings on a premature old age, we shall beg leave to dip a little into the philosophy of mastication. For the purposes of reducing our food after it is cooked into the form of a pulp or paste, we are provided with an apparatus more complete than those who have not examined the subject can conceive. The teeth are admirably adapted to grind the food, and the tongue, with its flexibility and its endless motions, to turn it in the mouth, while it is mixed with a fluid supplied in abundance from several pairs of fountains or glands in the vicinity, from which pipes are laid and run into the

mouth. The whole surface indeed of the mouth and tongue, as well as the other internal parts of the body, give out more or less moisture, but this is not enough for the purposes of mixture with the food in eating.

The largest of the glands which supply the mouth with fluid, lie as far off as the ear on each side, and extend to the angle of the jaw, consisting of a great number of round soft bodies about the size of garden peas, from each of which a pipe or channel goes out, and all of these uniting, form a common channel on each side. This common channel runs across the cheek nearly in a line with the lap of the ear and the corner of the mouth, and terminates opposite to the second or third grinder, by a hole into which a large hog's bristle can be introduced. Now the beauty of this contrivance is, that the gland being situated at the angle of the jaw, the motion of the jaw in eating must press the fluid along the channel, at the very time it is wanted in the mouth *.

The openings on the next pair of glands may be discovered on carefully examining the mouth by means of a looking-glass. They are placed on each side of the bridle of the tongue, and near its root, opposite to the base of the fore-teeth. They are similar in structure to the former, being composed of pea-like globes, which send off pipes that unite in a common winding channel. The glands themselves may be felt under the jaw on each side, of an oval shape and firm to the touch.

The next pair have no common channel, but each of the small pipes open into the mouth. These glands may be seen lying under the tongue on each side of the bridle, and only covered by the thin membrane of the mouth. They are usually of a bluish colour, from the blood-vessels which pass along their surface.

The art of the chemist can discover in the fluids produced from these glands little else besides water, a little mucus, and, what is called by chemists, the phosphate of lime †; yet the saliva is found to have a more extraordinary power than water of dissolving substances, and hence its great utility as a dissolver of the food. It has been estimated that about a pound of saliva flows into the mouth every day, and particularly during the exhalations of a good dinner.

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* When any of these large pipes are accidentally cut, the flow of the saliva from the wound makes it often so difficult to heal, that a silver tube has to be fixed in the wound to supply the deficiency, and prevent the fluid from continually running down the cheek.

† This is a substance of very disagreeable smell, and when it abounds in the saliva or forms crusts on the teeth, it makes the breath intolerably bad. We shall take up the means of curing this in a future page. (*See No.* 9, *for* "*Physiology of the Breath.*"

When the food has been properly masticated, comminuted, and mixed with saliva, it is prepared for the subsequent process of digestion in the stomach; but it is most important to remark, that if it is not thoroughly mixed with the fluid in the mouth, it will be unfitted for digestion, and will probably derange the health. So indispensable is this, that serious diseases, arising from indigestion, have been cured simply by ordering the food to be eaten slowly, and carefully mixed with the saliva. It is worthy of remark that no kind of drink will supply the place of this singular fluid.

On Oyster Eating, by Dr. Kitchener.

As the happy day will soon arrive *, on which every body who relishes an oyster, from the prince to the peasant, may enjoy this delicate morsel, we shall attend to its history and qualities, and the best means of enjoying the feast in all its exquisite perfection, not forgetting the

Effects of oysters on health and in diseases.

"The common Colchester and Feversham oysters are brought to market on the 5th of August: these are picked up on the French coast, and laid in the Colchester beds: they are never so fat and fine as the natives. The Milton, or, as they are commonly called, the melting natives, do not come till the beginning of October, continue in season till the 12th of May, and reach the meridian of their perfection about Christmas. Those oysters, thus called, are born as well as bred in this country, and are mostly spit in the Burnham and Mersey rivers, and do not come to their finest condition till they are near four years old.

"Some of the amateurs of oysters think they are not best when quite fresh from the sea: the flavour they have is brackish and harsh, which is much ameliorated by giving them a feed, by covering them with clean water, with a pint of salt to about two gallons of water—(nothing else; no oatmeal, nor any other trumpery): this will cleanse them from the mud and sand, &c., of the bed. After they have lain in it twelve hours, change it for fresh salt and water, and in twelve hours more they will be in prime order for the mouth, and remain so two or three days. At the time of high water you may see them open their shells, in expectation of receiving their usual food. This process of feeding oysters is only employed when a great many come up together in their dirt, &c. The real Colchester, or Pyfleet barrelled oysters, that are packed at the beds, are better without

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* This was published in the first edition of this work in August.

being put in water; they are carefully and tightly packed, and must not be disturbed till wanted for the table; these, in moderate weather, will keep good for a week, or ten days.

"Nothing appears to common people more indifferent than the manner of opening oysters, or the time of eating them after they are opened; nothing, however, is more important in the enlightened eyes of the experienced oyster eater. Those who wish to enjoy this delicious restorative in its utmost perfection, must eat it the moment it is opened, with its own gravy in the under shell; if not eaten when absolutely alive, its flavour and spirit is lost. The true lover of an oyster will have more regard for the feelings of his little favourite, than to abandon it to the mercy of a bungling operator; but will always open it himself, and contrive to detach the fish from the shell so dexterously, that the oyster is hardly conscious he has been ejected from his lodging, till he feels the teeth of the gourmand tickling him to death."

Who would not be an oyster, to be thus surprised! to be thus pleasingly ejected from its tenement of mother of pearl, and to escape all the horrors and the pains of dying, by being good humouredly *tickled to death?*

My uncle Toby was not half so merciful to the large blue fly, though there was a reason for this in the discord of its buzzing. Shakspeare, we imagine, would not have given much countenance to oyster tickling, if his humanity was equal to his philosophy; but Messrs. Kirby and Spence have, in our times, proved to their own satisfaction the very converse of our great poet's opinion, and have come to the conclusion that it is not true that—

> The poor *oyster* which we *chew to death*,
> In corporal sufferance feels a pang as great
> As when a giant dies.

A most merciful provision in their favour! exclaim they; for if it were otherwise—did oysters really feel pain, what a vast increase would there be to the general sum of misery in the world, from the 5th of August till May-day, among the millions of oysters which are, as things now stand, delightfully tickled to death! *(See page 233, for "Confessions of an Oyster Eater.")*

The Medical Qualities of Oysters in Consumption and Fevers.

Oysters are a mild, balsamic, and cooling article of food, and are of the utmost benefit to those who are troubled with warm flushings of the face, and other feverish symptoms, usually felt in declines and in nervous and irritable constitutions. It is

quite possible, indeed, by making them a principal part of a meal, to prevent in a great measure the irritation and heat which produces the hacking and distressful cough in the more advanced stages of consumption. Oysters, indeed, and other mild nourishing food, will often altogether prevent consumption in those who are disposed to it from hereditary causes. A young lady—of very narrow chest, and slender consumptive make, whose mother and two sisters had died of declines—by avoiding beef, mutton, pork, and all sorts of red meat, and confining herself wholly to a diet of oysters, and other shell-fish, while they were in season, and to boiled chicken and other white meats, with biscuits instead of bread, and rice instead of fresh vegetables, soon became healthy and active, and escaped for many years the dangerous decline which threatened her. It is to be remarked, however, that oysters when too copiously eaten, are too cold for very weak stomachs, unless accompanied with good pepper or cayenne. Vinegar ought never to be used by those who eat oysters, "to enrich their blood" or to prevent consumptions. Instead of vinegar a very little white wine may be added; but not when there is fever or cough. When too many oysters have been incautiously eaten, and are felt lying cold and heavy on the stomach, we have an infallible and immediate remedy in hot milk, of which half a pint may be drank, and it will quickly dissolve the oysters into a bland, creamy jelly. Weak and consumptive persons should always take this after their meal of oysters.

The Chemistry of Roasting and Baking, and their Effects on Food.

Roasting is, perhaps, the best mode of rendering food wholesome and nourishing, as without greatly changing the chemical properties of meat, it renders it more tender, sapid, and high flavoured, while there is not so much dissipation of its nutritive juices as in some other processes. It is important to observe, that unless meat be kept after it is killed till the fibres begin to lose their firmness and tension, it will not become tender by roasting; and you may hence be led to accuse your butcher when he is altogether innocent.

The perfection of roasting consists in *doing* the meat neither too slowly, so as to wither it, nor too rapidly, so as to burn it to a cinder. A small joint is best roasted on a string, by means of the bottle-jack; a large joint requires the spit. The process is carried far enough when the steam of the meat puffs out in jets towards the fire, as this steam comes from the interior of the joint and makes its way through the brown crust.

Baking, in a close oven, differs from roasting, in not permit-

ting the escape of the vapour exhaled from the meat; and the fat, besides, is decomposed at the bottom of the oven, and forms an indigestible empyreumatic oil of a bad flavour. If the fat is prevented from burning, or the empyreumatic vapour carried off by a strong current of heated air passing through the oven, this disagreeable and unwholesome flavour is prevented.

When the fluids contained in meat are exposed to heat in the process of roasting, they become expanded, and are partly converted into steam, which breaks through the numberless fibres and cells where it was confined, and opens a passage for the unrarefied juices to stream unconfined among the fibres. It is chiefly the watery portion of the fluids that escapes in vapour, while the fat is liquefied, and the gelatine and osmazome being separated from the fibre, unite into the compound fluid called gravy, which does not exist in raw meat. The albuminous portion of the meat at the same time coagulates, in the same way as the white of an egg does when exposed to heat.

The greater part of the gravy, when thus prepared, is prevented from escaping from the joint by the brown frothy crust which is formed on the outside, and is consequently retained among the fibres which it had separated, as may be proved by cutting into the meat, when it will be seen to flow out at every pore. If the roasting process, however, be carried too far, the gravy will also be partly expanded and evaporated, and will open a passage for the rest, which will leave the fibres dry, rigid, and carbonized.

From the above detail, we can easily account for the tenderness produced in roasting; for the fibres are not only loosened and dissevered from one another by the expansion of the watery juices into steam, but they must even be broken by the violence, and the finer net-work of the cellular membrane, and the smaller blood-vessels, which branch through every hair's-breadth of animal substance, must also be ruptured and softened. Besides this dissolution and breaking down of the minute parts of the meat, which must take place before a particle of steam can escape, the fibres themselves, which are all in bundles, will become expanded by the heat, and of course the parts of the bundles will become more loose and tender.

We learn, from these chemical principles, the reason why meat that is very lean and dry can never be rendered tender by roasting; for it does not possess a sufficient quantity of expansible fluids to dissever the fibres, and tear them asunder. Such meat, also, can never look so white and fresh; for a portion of the red colouring matter is always left undissolved into osmazome, from the deficiency of fluids to form it.

If we examine a piece of raw fat, we find it to be enclosed in little bags or purses of very fine skin or membrane. When fat is exposed to heat in roasting, it is melted and soon raised to the boiling point, or nearly so, and the water it contains passes off in the form of steam, breaking through the membranous envelope, and allowing the melted fat to escape. The torn membranes which are on the outside, are soon partially charred, and a small portion of empyreuma and ammonia being developed in the process, impart their combined flavour to the crust, depriving it of its vapid and mawkish taste and odour.—Professor Wallace found that beef lost by roasting 32. 2lbs per cent.; by baking, 30. 2lbs per cent.; mutton from 31. to 35lbs per cent.; or about one-third of their original weight.

When an *apple* is *roasted*, it not only becomes softer and more pulpy, but it loses a considerable proportion of its acidity, and is more mild and bland to the taste. Before it is subjected to heat, it is composed of a very great number of little cells and vessels, containing the acid juice and the pulp—probably in a separate state. When heat is applied, this juice expands and bursts through the cells, in a similar way to what we have just seen takes place in animal substances—and if the heat be farther increased, the watery portion of the juice will be partly converted into steam, and burst through the outer skin of the apple, and escape.

It is evident, therefore, that when all the cells of the apple are thus burst through and broken down, and the juice freed from its confinement, that the apple must become softer; and it is precisely for a similar reason that it is also rendered soft in the process of roasting, in which the cells are broken down and destroyed. The same principle is applicable to all animal and vegetable substances which become softer by heat.

When the acid and pulp of the apple are thus set free from their confinement, they enter into more intimate union, and the taste of the acid is mellowed by its mixture with the pulp, in the same way that rum is mellowed by being mixed with milk. As the pulp also contains sugar, this is disengaged by the heat, and mixes with the acid.

A process of the same kind takes place in *roasting potatoes*, their harsh, raw, watery juices being set free, and mixing with the starch and sugar which compose the pulpy part, are dried up and mellowed, and rendered farinaceous and mealy.

The sort of meat proper for roasting or baking is that which contains the greatest proportion of juice and fat, and consequently the flesh of old or lean animals, and even of many species of game, is less fitted for this process than veal, lamb, sucking-

pig, young beef, mutton, pork, &c. Among fish—eels and pike are usually preferred roasted.

Dean Swift's way of Roasting Mutton, Poetically.

Gently stir and blow the fire,
Lay the mutton down to roast.
Dress it gently I desire;
In the dripping put a toast,
That I hunger may remove,
Mutton is the meat I love.

On the dresser see it lie:
Oh! the charming white and red!
Finer meat ne'er met the eye;
On the sweetest grass it fed.
Let the jack go swiftly round,
Let me have it nicely brown'd.

On the table spread the cloth;
Let the knives be sharp and clean,
Pickles get, and salad, both:
Let them each be fresh and green.
With small beer, good ale, and wine,
O, ye gods! how I shall dine!

The Essence of Flavour.

The next dish with which we shall treat you is one which is always in season, though, through ignorance of science, it is not always easy to procure it genuine and good. It is, in a word, the delicious and pure element which constitutes the rich flavour of game, venison, and turkey, as well as of the more common articles of veal, lamb, and sucking-pig. It is the savoury perfume developed in the process of roasting, for which the Gods themselves, in the times of old, abandoned their nectar and ambrosia, and hovered in ecstacy over the altars of Greece and Rome to inhale. Our modern chemistry, however, puts it in our power to surpass the enjoyments even of the Gods, who had to content themselves with merely extracting from the air the evanescent and volatile parts, which must rather, as we should imagine, have tantalized their appetite than produced the exquisite gratification of eating the very quintessence of savouriness. Perhaps those ancient Gods proceeded on the favourite theory that pursuit is more exquisite than enjoyment; but this can be most triumphantly refuted in the instance in question, as the experience of every man will testify who has inhaled the odour of a delicious dinner, and though his appetite has been longingly keen, could not, for want of an invitation, partake of the savoury viands from which the odour was exhaling. We can figure in

our fancy, the hungry eye of Jupiter devouring with his looks the incense of a smoking sacrifice, and hovering, in hopeless starvation, over the rich steam of the altar; yet, though he was the Compeller of clouds and the Wielder of thunder-bolts *, he had not chemistry enough to enable him to procure a particle of the pure element which delighted him. Such is a true picture of pursuit:—away with all such, and give us the genuine enjoyment of the table! Even the life of a God would be a torment to us, were we condemned to the tantalizing state of smelling what we could not taste: even nectar and ambrosia would be tasteless and vapid without the exquisite regalement of *osmazome* †, to give zest to their luscious balm, and prepare the palate for their delicious sweets.

Osmazome, then, is the pure element, which gives to the decacies of the animal kingdom all their flavour and all their richness. We are indebted for the discovery to the immortal M. Roulle, who deserves our highest tribute of praise both as a Gourmand and a Chemist. His celebrated compatriot M. Thenard invented the name of osmazome ‡, which it still retains, though we have more than once observed attempts made, not only to discard the name, but to call in question the very existence of this element of savour, as a doubtful or illegitimate production of the kitchen §. All such hostile attempts to undermine our glorious and useful science we shall firmly and strenuously repel, and we call upon all genuine gourmands to join us in the righteous warfare.

How to prepare Osmazome.

The chemists inform us that osmazome may be obtained pure by the following process; and, on repeating it, we find the directions correct, though we have procured exquisitely beautiful osmazome from a variety of gravies, as we shall, in the course of our work, afterwards show. The following is the process of M. Thenard:—

Divide a piece of rump steak, or the lean of any sort of meat, into small fragments, and cover it for an hour or two with cold water, pressing it occasionally to squeeze out the juice. Pour off the water, and preserve it, and add a fresh quantity, repeating the same process two or three times. Mix the several waters in a flat basin of china or porcelain, and evaporate till part coagu-

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* Vide Lucian, Timon, ab initio. † Οσμη & ζωμος —i. e. Savoury juice.
‡ Thenard, Traité de Chimie. Tome III.
§ Thomson's System of Chemistry, Vol. IV. 6th edition.

lates and part remains liquid, the latter of which is to be filtered and evaporated by a very gentle heat to the consistence of a syrup, which will be of a deep rich colour. Still, however, it is impure, and requires subsequent refining. This is done by pouring upon it some of the best spirit of wine which can be obtained, which dissolves only the osmazome, and will not take up any other animal impurity. Having now procured the osmazome in union with the spirit of wine, we have only to evaporate the latter to procure the genuine osmazome, which is of a rich yellowish brown, and of an exquisite flavour.

We need scarcely add, that the savoury crust—(we do not mean the black half-charred crust) of a roast, owes all its piquancy and relish to the osmazome developed on the spit, and it is a gross libel, both on the beef and on the stomach, to assert, as has been frequently done *, that this is not osmazome, but empyreuma, which cannot be digested. On the contrary, it is not only the most savoury, but the most digestible and nourishing element which the meat contains. When we come to the examination of empyreuma, we shall show the origin of that pernicious error.—But we now perceive the ozmazome exhaling its delightful fragrance from our laboratory, and inviting us to lay aside our pen to enjoy the pleasures of the feast of science.

Lord Lyttleton's famous Plumb-Pudding.

It was the custom of Scarron, the well-known French Wit, to make his guests bring their own dishes, when invited to dine with him—thinking that he was at sufficient cost, by expending his wit. Lord Lyttleton, whose clever letters rank him among high noble authors, was once invited to dine with a clergyman, who, more polite than Scarron, provided all the dishes previously named by his guests. His Lordship named a plumb-pudding, and the high encomiums passed upon it, drew from the worthy rector its secret history, as follows :—He declared that no trouble had attended any one article but the pudding, which, he said, had almost destroyed a pair of black plush-breeches, in riding round the country, to learn how it should be made to perfection. " You cannot be ignorant, my Lord," continued our divine, " that a plumb-pudding, however it may be composed, is nothing more than a simple pudding, with plumbs added to the other ingredients ; but, apprehensive that the ordinary skill of our homely kitchens, in this particular,

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* Willich's Lectures, and Cheyne on Health, *passim.*

might not be agreeable to such refined palates as yours, I resolved to traverse the whole neighbourhood, in order to obtain all necessary intelligence. Every learned person to whom I applied, agreed, as your Lordship may suppose, in the essential articles of flour and water, milk and eggs, suet and plumbs, or raisins; but the variety of other articles, which were severally recommended, filled two pages of my memorandum-book, and drove me almost to despair. In the multitude of counsellors, I did not, according to the proverb, find wisdom, but confusion. I was successively, alternately, and separately, advised the addition of rum, brandy, wine, strong beer, spices of every sort, chopped liver, and Holland's gin. With this load of multifarious intelligence, I hastened to the market-town, furnished myself with every ingredient my own little store-house did not possess, and returned home jaded, fatigued, and my pockets laden with the produce of all quarters of the globe. But another important labour," added the Doctor, "succeeded in the consultation about the choice and due mode of applying the hoard of grocery and variety of liquors, which were displayed in form on the kitchen dresser: it was a solemn business, for the *Lord had commanded it.* Consultation, however, begot difference of opinion, and difference of opinion brought on dispute; so that I was at length obliged to interpose my authority; and to shorten the business, I ordered all the various articles, consisting of more than a dozen in number, to be employed without favour or affection. The motley mixture was accordingly made; and, as every person consulted seemed to agree that the longer it boiled the better it would prove, I ordered it to be put into the pot at midnight, and sent for a famous nurse in the neighbourhood to sit up with it; and, with a vestal's vigilance, to keep in the fire till the family arose. In this state of concoction, the pudding remained till after the arrival of this good company, who, I hope, will be so prejudiced in its favour, from the Herculean labour which produced it, so as to attack its circumference with Herculean appetites." Here ended the culinary oration, and the subject of it, his Lordship says, contained unrivalled excellence; and did not fail to cause a speedy diminution of its ample dimensions; and so ended *Lord Lyttleton's Plumb-Pudding.*

Starvation from nourishing Soups.

There is not a more pernicious vulgar error than that which ascribes rich nourishment to beef-tea, mutton-broth, and other concentrated soups and gravies. We do not by any means

wish to disparage the good qualities of these, for they are often highly useful; but we wish to set them in their true light, and not to make people believe, that, while they are deluging their stomachs with rich soups, they are supplying much nourishment to their bodies. We do not advance these opinions on conjecture: we shall prove them beyond appeal. In the *first* place, no digestion can go on while the stomach is full of liquid. M. Magendie, a French physician, tied the stomachs of living dogs and rabbits at the lower end, so that no liquid could escape, and then made them drink plentifully; when all the liquid escaped, by the pores and vessels, through the coats of the stomach. None of the liquid, indeed, which we take is properly digested, as it seems to pass into the blood through the coats of the stomach, while the solid food is digested, and passes on to the intestines. In the *second* place, Dr. Wilson Philip fed dogs on the strongest beef-tea and strong broths, till they became, in a few weeks, much emaciated, and at last died by sheer starvation, though they had as much of this supposed nutritive food as they could take. Nothing could more clearly prove the opinion than this. We wish the experiment had been confined, cruel as it is, to brute animals.—

The Milbank Penitentiary, for the reformation of criminals, has lately witnessed a still more cruel experiment of the same kind. The Committee, ignorant, it appears, of the above proofs, and adopting the erroneous opinions of the nourishing properties of soups, began a Count-Rumford scheme of economy, by putting the prisoners on a soup diet, and allowing them no solid meat. The daily allowance was, formerly, to each twenty ounces of bread; three and a half ounces of dressed meat; one pound of potatoes; one pint of broth; and two pints of gruel or porridge. The new scheme was nine pounds three ounces of bread, or eighteen pounds six ounces of potatoes, per week; six and a half pints of gruel; twelve and a quarter pints of broth, made with two ox-heads, for every 220 persons. If one ox-head, therefore, be reckoned at nine pounds of meat, it will give a daily allowance of two ounces and two-thirds of an ounce of meat, made into broth for each couple. This diet was soon productive of those terrible diseases of debility, the sea-scurvy, bloody flux, and weakness of sight. At present there are no less than 200 patients out of 850 convicts; and, since January, 37 have actually died*. When any of these unfortunate wretches are, for misdemeanours, put upon bread and water, the consequences of their previous starvation upon

* The convicts have, since this was written, been removed from the Penitentiary.

soup and gruel, soon produces actual famishing. A case of this kind was lately tried at a coroner's inquest, and the jury brought in a verdict of starvation.—We shall, on a future occasion, lay down the law of the real utility of soups and broth.

Curious Experiments on Taste.

In the United States of America, where novelties are daily starting up, Dr. Rousseau has lately tried to prove, by a number of singularly curious experiments, that the sense of taste, if it does not actually reside in the nostrils, is wholly dependant on smell, for its discrimination and acuteness. He made a stout Irish labourer, after his nostrils were stuffed, breathe the vapour of boiling brandy for an hour, and no effect was produced but a little smarting of the throat. Next day he made the same man breathe the brandy-vapour with his nostrils open, but he became so tipsy in less than half an hour, that he could stand no longer, and begged to be relieved from the tipsyfying fumes. Would it not be worth trying whether stuffing the nostrils would prevent intoxication in the regular way of sacrificing to Bacchus?

The next experiment was made upon a delicate lady, who was so squeamish as to become sick at the slightest smell of tobacco. Hearing the account of the Irishman, she courageously volunteered, for the interests of science, to undertake a similar experiment. Some strong tobacco was kept boiling in a pan, over which she held her head, keeping her nostrils closely pressed, and breathing the vapour by the mouth only. She continued to breathe it for half an hour, without the slightest inconvenience, either at the time or afterwards. A child, five years of age, having his nostrils previously stopped, was then plunged into the tobacco-tea up to the neck, and remained in the bath for two hours with so little inconvenience, that he ate cakes all the time.

The most curious part of the experiments follow:—Dr. Rousseau successively blindfolded a party of some half-dozen young physicians, and closing their nostrils, set them upon guessing what he choosed to put into their mouths. One guessed that a bit of camphor was bread dipped in pepper; another, that an onion was an apple; and a third, that tincture of garlic was rose-water. From these experiments, we might deduce

A Pleasant Way of taking the most Nauseous Medicines.

We do not know that it is altogether new, as we have seen many patients hold their noses, when taking their draughts,

&c.; but we think that it was not so well understood before Dr. Rousseau made his experiments, that the taste depends so much on the smell. We would recommend it, therefore, to an extensive trial, always to stuff or press the nostrils, when in the act of swallowing nauseous medicines.

How to make Dr. Kitchener's celebrated Nightcap, Yclep'd "Tewhadiddle."

On the golden maxim of health, to keep the head cool and the feet warm, we are no advocates for warm nightcaps; and would strongly advise our readers who have such comfortable articles, to convert them forthwith into night-socks, betaking themselves to thin cotton-net, or what is still better, to go to bed uncovered; and if the stomach requires warming, to comfort its coolness by Dr. Kitchener's go-to-bed-Tom-posset, which he has baptized by the outlandish nursery name of "Tewhadiddle." What a whimsical man the Doctor must be! Listen to his directions:—"A pint of table beer (or ale, if you intend it for a supplement to your "Night-Cap"), a table-spoonful of brandy, and a tea-spoonful of brown sugar, or clarified syrup; a little grated nutmeg, or ginger may be added, and a roll of very thin cut lemon-peel.

"*Obs.*—Before our readers make any remarks on this composition, we beg of them to taste it; if the materials are good, and their palates vibrates in unison with our own, they will find it one of the pleasantest beverages they ever put to their lips—and as Lord Ruthven says, "this is a right gossip's cup, that far exceeds all the ale that ever Mother Bunch made in her lifetime."—(See his Lordship's Experiments on Cookery, &c, 18mo. London, 1654. p. 215.)

This fairly out-Herod's Doctor Gastaldy, the hero of the *Almanach des Gourmands;* but Gastaldy is a Frenchman, and of course ignorant of our old English brown caudle, for which this Tewhadiddle is only a new name, with a villainous smack of the absurd buffoonery, mixed with so many good things in the Peptic Precepts.

Sir B. Bloomfield's Way of making a Royal Opiate.

Those to whom expense is no object, and who require something stronger than "Tewhadiddle," will find the following to be very potent in procuring sleep, provided always that the stomach can bear it, and that there be no gout lying in ambuscade for an attack.

Receipt.—Into half a pint of strong infusion of gunpowder tea, boiling hot, put a wine-glassful of brandy; as much rum, and half as much arrack and curaçoa; a very thin slice of lemon-peel; the juice of two limes; as much sugar as you think proper; and one or two glasses of warm calf's-feet jelly. When the whole has been well stirred together, it must be taken as hot as possible.

The tea has the effect of deadening the inebriating effects of the spirits, and making them operate mildly and soothingly on the stomach and nerves, while the jelly sheaths all the acrimony which may result from the mixture. When calf's-feet jelly is not at hand, the whites of a couple of eggs, well beat up, will answer nearly the same purpose.

Pindaric Ode to the Oracle of the Kitchen.

Ye Muses nine inspire
And stir up my poetic fire;
Teach my burning soul to speak
With a bubble and a squeak!
Of Dr. Kitchener I fain would sing,
Till pots, and pans, and mighty kettles ring.

O culinary Sage!
(I do not mean the herb in use,
That always goes along with goose)
How have I feasted on thy page!
"When like a lobster boiled, the morn
From black to red began to turn,"
Till midnight, when I went to bed,
And clapp'd my *tewha-diddle* on my head.

Who is there cannot tell,
Thou lead'st a life of living well?
"What baron, or squire, or knight of the shire,
Lives half so well as a holy Fry-er?"
In *doing well* thou must be reckon'd
The first, and Mrs. Fry the second;
And twice a Job,—for in thy fev'rish toils
Thou wast all over roasts—as well as boils.

Thou wast indeed no dunce,
To treat thy subjects and thyself at once.
Many a hungry poet eats
His brains like thee,
But few there be
Could live so long on their receipts.
What living soul or sinner
Would slight thy invitaion to a dinner,
Ought with the Danäides to dwell,
Draw gravy in a cullender, and hear
For ever in his ear
The pleasant tinkling of thy dinner bell.

Immortal Kitchener! thy fame
Shall keep itself when Time makes game
Of other men's—yea, it shall keep all weathers.
And thou shalt be upheld by thy pen feathers.
Yea, by the sance of Michael Kelly,
Thy name shall perish never,
But be magnified for ever—
—By all whose eyes are bigger than their belly!

Yea, till the world is done—
— To a turn—and Time puts out the sun,
Shall live the endless echo of thy name.
But, as for thy more fleshy frame,
Ah! Death's carnivorous teeth will tittle
Thee out of breath, and eat it for cold victual;
But still thy fame shall be among the nations
Preserv'd to the last course of generations.

Ah, me! my soul is touch'd with sorrow
To think how flesh must pass away;
So mutton, that is warm to-day,
Is cold and turned to hashes on the morrow!
Farewell! I would say more, but I
Have other fish to fry.

Bacchanalian's Draught, after Feasting and Drinking.

It is the lot of our poor humanity, that all pleasures are followed sooner or later by pain or uneasiness, and in proportion, also, to the exquisiteness of the pleasure. After a night enjoyed over the bottle, the morning is generally ushered in by qualms of stomach, and twinges of head-ache, which we shall now show how to dismiss or relieve. The grand tormentor in these cases, is ever an acid, which sickens the stomach, gripes the bowels, and tugs at every nerve in the body, till the head, where most of the nerves meet, rings again with the turmoil. Now the grand destroyer of your acid is magnesia, of which a large tea-spoonful, with a pinch of powdered ginger, may be put into a small glass of good brandy or hollands, and taken on awakening in the morning. If one draught does not relieve the heart-burn and squeamishness, try half a glass more of the same composition. Have your coffee brought to you strong and hot, while in bed; and after breakfasting *à l'antique*, take an hour's nap, and you will feel as fresh as if nothing had happened. Soda water is too cold and washy, and ginger-beer, though somewhat more comfortable, is nothing to our "Bacchanalian's Draught." It may be greatly improved in flavour and in warmth, by putting in, instead of the ginger, a tea-spoonful or more of the compound tincture of cardamoms,

which may be had of the Chemists. A tea-spoonful of this tincture, in a glass of wine, is one of the best things we know as

A Stomach Comforter.

The Genuine French Method of making Coffee.

Notwithstanding the reproach made against this country by amateurs of good coffee, and the repeated receipts which have been published, it is still a melancholy fact, that in not one house in ten throughout England, is it ever met with even of tolerable quality, being usually foul, flat, weak, and, worst of all, cold, a most villainous compound of half-burnt charcoal, isinglass, and tepid water, and as nauseous as infused cammomile. We, therefore, deem it our duty to give genuine directions for making this most delicious and wholesome beverage.

In the first place, then, presuming that the coffee itself is of prime quality—grain small, round, hard, and clear; perfectly dry and sweet; and at least three years old; let it be gently roasted until it be a beautiful nut-brown colour, taking care to avoid burning or charring it, for a single scorched grain will spoil a pound. Let the browning be performed at the moment the coffee is to be used, and not sooner, as the etherial essence, which is the valuable part of it, evaporates rapidly. Grind it while it is warm, and take of the powder an ounce for each cup you intend to make; less will make it weak and watery. Along with this, put a small quantity of shredded saffron into the upper part of the vessel called a *grecque*, or Count Rumford's coffee-pot, which is a machine, with an upper moveable part, its bottom perforated with small holes, and containing in its interior two moveable metal strainers, over the second of which the powder is placed, and immediately under the third. Upon the upper strainer pour boiling water: it must not be merely hot from a table-urn, but actually boiling. Continue to pour in the water gently, till it begins to bubble up through the strainer; then shut the cover of the vessel close down, place it as near the fire as possible, and so soon as the water has drained through the coffee, pour in more water till you complete the quantity intended, after which no more water must be added, or you will spoil all.

In this manner you shall retain all the rich fragrance of the coffee, all the delicacy of its flavour, with all the balsamic and stimulating powers of its essence; and obtain in a few moments—without the aid of hartshorn shavings, isinglass, whites of eggs, or any of the trash with which, in the common mode

of preparation, it is mixed—a beverage fit for a Prince. This is the genuine Parisian mode of preparing coffee. The invention of it is due to M. de Belloy, and its discovery cannot fail to rank him amongst the great benefactors of the age, as it has already raised his country to a high pitch of coffee-making fame, and has incontestably contributed more to the national happiness, than all the victories of Napoleon.

It is said, in the *Almanach des Gourmands*, that the celebrated amateur, Dr. Gastaldy, prevented the return of gout, by frequent libations of coffee *à l'eau*, particularly after dinner, as it forms a much better digestive than wine, and prevents crudities, and obstructions of the bowels, which are often the forerunners of gout.—In a future article we shall recur to its medicinal qualities.

Effects of Smoking Tobacco on the Health and Constitution.

Sublime tobacco! which from East to West
Cheers the Tar's labour, or the Turkman's rest;
Which on the Moslem's ottoman divides
His hours, and rivals opium and his brides;
Magnificent in Stamboul; but less grand,
Though not less lov'd in Wapping or the Strand.
Divine in hookas; glorious in a pipe,
When tipp'd with amber, mellow, rich, and ripe;
Like other charmers, wooing the caress,
More dazzingly when daring in full dress;
Yet thy true lovers more admire by far
Thy naked beauties—give me a segar!

Lord Byron.

Tobacco, one of the strongest vegetable poisons, is employed, in *small quantities*, to produce a sort of temporary stupefaction, both of the mind and body; a sort of deadening of the feelings, and a subsequent languor and sleepiness, which habit renders as agreeable as rest is to the weary. If there be pain and uneasiness either of mind or body, this will suspend them for a space, and produce a sort of stupid and dreaming forgetfulness, which blunts the senses and obscures the memory, and makes the head feel heavy, and the limbs unwilling to move, and diffuses a listless state of unconcern through the whole system. This sort of languor and semi-existence, habit comes to render so pleasant, that when once it has been enjoyed, few are willing to relinquish the repetition.

The history of the introduction of tobacco into Europe contains much that is curious, if we had time to go into it. We owe its introduction into England to Sir Walter Raleigh; and

it soon came to be used to so great an extent, that many wealthy persons are said to have expended five hundred pounds a year in its purchase. This great waste of money, and other circumstances, induced no less a personage than the King himself to write a book, entitled, a "Counter Blaste to Tobacco," in which he expressly denounces smoking "as a custom loathsome to the eye, hatefull to the nose, harmefull to the brain, dangerous to the lungs; and in the black stinking fume thereof, neerest resembling the horrible Stigian smoke of the pit that is bottomlesse." His Majesty, however, we apprehend, is not quite accurate in describing the smoke to be black, or it must have been different two hundred years ago, from what it is now. But neither his writings, nor his imposts and prohibitions, could banish its use; for the demand increased, as is usually the case, in proportion to the obstacles raised to prevent it. In other countries, the laws made against tobacco were still more severe. At Rome, the Pope punished those who took it in Church with excommunication. In Switzerland, where the laws were arranged in the order of the ten commandments, smoking was ranked next to adultery; in Russia, the punishment for smoking was cutting off the nose of the offender; and in Turkey, it was made death, as it was imagined by the Divan that it would soon depopulate the country, by producing universal barrenness.

Injurious as we are disposed to think tobacco is, when used to any extent, we must confess its utility in contributing to relieve uneasy feelings, for the time, with as much certainty, and perhaps with fewer bad consequences than opium; but to experience this effect, its use must become habitual, as it almost infallibly sickens those who are unaccustomed to it.

The custom of smoking is, in some cases, extremely prejudicial, as it weakens the organs of digestion, deprives the body of many useful fluids, and has a direct tendency to produce emaciation, particularly in young persons, and those of a lean and dry constitution. To such it is the more detrimental, as it not only promotes the spitting of saliva, but likewise other evacuations. Tobacco is possessed of narcotic properties, by which it produces, in those who first begin to smoke it, giddiness, cold sweats, vomiting, purging, and, from its stimulus on the fountains of the mouth, a copious flow of the saliva.

Frequent smoking, unless care is taken, makes the teeth first yellow, and afterwards black; while short clay pipes are apt to canker them to such a degree as to infect the breath, and often to produce putrid ulcers in the gums. *(See Mr. Earle's cases, Family Oracle*, p. 264.*)* Delicate persons, especially, suffer from this habit, as it has a direct tendency not only to dry up their

bodies by producing a waste of the fluids, and vitiating the digestion and assimilation of food, but likewise to impair the mental faculties, and particularly the memory. These effects, however, are less, if at all, to be apprehended, if smoking has become habitual, and is not carried to excess. To persons of a middle age, or those of full growth, particularly the corpulent, the phlegmatic, and those who are subject to catarrhal complaints, it may often be of service, if used with moderation, especially in damp, cold, and hazy weather. Yet such persons ought never to smoke immediately before a meal, as the saliva is materially requisite to assist the digestion of food, which is not accomplished till about three or four hours after dinner. They should smoke slowly; frequently drink small draughts of beer, ale, tea, or any other diluent liquors; but spirits or wine are not so proper; and lastly, they should always use a new pipe with a long tube; for the oil of tobacco, settling on the sides of the pipe, is one of the most acrimonious and hurtful substances, and may thus be absorbed and mixed with the fluids of the body.

Dangers of Opium Eating and Laudanum Drinking.

The use of opium has recently been much increased by a wild, absurd, and romancing production, called the "*Confessions of an English Opium Eater.*" We observe, that at some late inquests, this wicked book has been severely censured, as the source of misery and torment, and even of suicide itself, to those who have been seduced to take opium by its lying stories about celestial dreams, and similar nonsense—(See p. 113.) Drunkenness is not properly confined to the use of fermented liquors. The tipplers of laudanum are sots, although of another sort. There is something particularly plausible and seducing in this mode of fascinating the sensations. Opium at first does not, in general, as wine is apt to do, raise a tumult of feelings, or involve the intellect in clouds; but acts more like oil poured upon a tumultuous sea, tending to allay the agitation of the billows, and inducing an agreeable stillness and tranquillity. Instead of lowering man to a level with the beasts, it often invests him, for a short time, with the consciousness, and at least the fancied attributes of a superior being: but he is soon stripped of his shadowy and evanescent prerogative, and is made to suffer all the horrors and humiliation of a fallen angel. The confession of many a miserable hypochondriac, who has been in the habit of having recourse to opium for relief, would justify the representation from the charge of extravagance. We recollect this forcible expression of a person, who in speaking of the miserable

effect which the use of opium had produced upon his feelings, remarked that it excited in him "an appetite for death."

Grievous as is the depression which takes place from copious libations of fermented liquors, that which succeeds to the excitement produced by laudanum is far more intolerable. It is, of course, a task less difficult to refrain from the former than the latter, when the latter has been, for many years, regularly applied to for temporary comfort and support, in a desertion or prostration of spirits. The late Dr. Heberden was of opinion, that it is more easy to relinquish opium than wine, and therefore, in cases which may seem to require either the one or the other, he recommends the former in preference to the latter. Our own experience would incline us, in the same circumstances, to give different advice.

We received, some years ago, a letter from a veteran hypochondriac, who had practised medicine in London for more than half a century. The concluding passages in it convey an impressive lesson with regard to the evil arising from an habitual use of opium. "I am sensible," says the doctor, "that in this tedious and extraordinary letter there are twenty faults; but if you will excuse me for writing it, you will doubly excuse the composition, when I truly and solemnly declare, that I was not during the writing of it, a moment free from the most excruciating torments both of body and mind. I have seen and heard of many labouring under dreadful afflictions; but I never can believe that they ever endured, for a long time, such excruciating agony. Every night I expect will be the last. May no man suffer what I have suffered. The laudanum kept me alive for more than two years; but it has lost its charm. I never would recommend any man to introduce it so long as to make it habitual; for it would most likely make him, as it has made me, wretched beyond compare."

We have known only one case in which an inveterate opium taker has had resolution enough to dispel the charm which had long bound him to its use. This patient was in the custom of employing it in that concentrated form of the drug, which has received the appellation of the *black drop*. The dreadful sensations which he experienced for a considerable period, after having refrained from his wonted cordial, he was unable to express, any more than the gratitude which he felt towards his physician, for having strenuously and repeatedly, and at length successfully, urged him to an abstinence from so delusive and bewitching a poison.

The use of opium, which is often begun with a view to relieve bodily pain, is apt to be afterwards recurred to, whenever it is

necessary to compose irritability, to animate languor, or to elevate depression.

When opium is employed as a remedy in cases of merely physical disease, it may not be liable to the same objection. When used, however, for a length of time, without any considerable interval, its bad effects upon the constitution will be found to accumulate, whilst its alleviating influence over troublesome and painful symptoms, becomes almost every day less observable.

It would be well if a drug which is so liable to become a part of the daily regimen of an hypochondriacal invalid—and which often renders him incurably such—were never used in any form or quantity, except under the especial sanction of proper advice; and it may be at least doubted, whether even the sanction of professional authority be not, in general, too carelessly and too lightly lent to the employment of a medicine, the application of whose extraordinary powers ought to be reserved for occasions of proportionate emergency.

Dangers of Blood-letting by Cupping, Leeches, &c.

We firmly believe that more patients are killed than cured by blood-letting, whether it be by the lancet, by cupping, or by leeches; and we are therefore clearly and decidedly of opinion that the sacred reverence for the blood—the vital fluid of the human frame, which has been inculcated by the dictates of ancient and holy writ, and sanctioned by the fatal results of modern medical experience, is by no means sufficiently observed in the ordinary treatment of diseases.

Inflammation of the lungs, or a pleurisy, is one of the few complaints in which an early and often a repeated application of the lancet is, in general, of the most urgent and indispensable necessity. If the blooding be had recourse to at a proper period and to a sufficient extent, which must vary according to the symptoms of the disease and the constitutional habit of the patient, it will seldom fail, without much other aid, to remove a complaint that otherwise might, and not unfrequently does, in a very short time terminate in death. But it is a matter of serious and essential importance to discriminate between genuine pleurisy and those pains, difficulty of breathing, and other associated symptoms which arise, not from inflammation or too high excitement, but merely from nervous weakness and depression. In the latter case, loss of blood is often as injurious to health, as in the former it is necessary to the preservation of life. To draw blood from a nervous patient is, in many instances, like loosening the chords of a musical instrument, whose tones are already defective from want of sufficient tension.

In obedience to an absurd routine, the curable patients of Bethlehem were formerly bled, without discrimination, about the commencement of June and the latter end of July. In madness, bleeding lowers the physical force, without, in general, correcting the mental error. It weakens the external expression, without impairing the internal strength of the disease. It converts the fury of madness into the passive sullenness of melancholy. M. Pinel, who had great experience upon this subject, observes, that the use of the lancet in madness frequently produces idiocy.

We cannot be too fearful and tender in deducting from an old man any portion, however small, of that fluid, the remaining quantity of which is barely sufficient to support the vigour, or even the vitality, of his enfeebled and declining frame. We have lately had an opportunity of witnessing more than one case, in which copious and repeated bleeding relieved an asthmatic old man from most other symptoms of disease, but at the same time left a degree of weakness from which he was not able to recover, and which was in no long time fatal in its result. We think it may be laid down as a practical rule, that few men beyond sixty years of age, and no man above seventy, will suffer, without danger, any considerable subtraction of blood.

To the consumptive patient there can be little doubt that bleeding proves generally injurious, by the weakness which it aggravates or occasions. In cases of hopeless consumption, it hastens the march of an inevitably fatal malady, it hurries those steps which are unalterably pointed towards destruction. By no dexterous management of the reins can we turn this disorder out of its course, but we may restrain in some degree the rapidity of its progress, and cause it to move at a more leisurely and easy pace to the grave.

At the sight of a person in any kind of fit, the surgeon almost instinctively pulls out his lancet. Sometimes, even after the paroxysm has subsided, bleeding is had recourse to, from a vague and empirical notion of its indiscriminate utility in this class of diseases. Less slaughter, we are convinced, has been effected by the sword than by the lancet—that minute instrument of mighty mischief!

By most practitioners it is imagined, that what is called local bleeding, is preferable, in most cases, to that which is called general. In apoplexy, for instance, the pressure upon the brain is supposed to be relieved more effectually, as well as more expeditiously, by an operation on a vessel in the neck, than on one in either of the arms; in pleurisy, consumption, or catarrh, by cupping or leeches in the breast or side affected, than any

where else. When more attentively considered, however, the matter will appear, perhaps, in a somewhat different light. There is no such thing, in fact, as local bleeding, if by that term be meant an evacuation from one part of the vascular system without its affecting in the same proportion every other. When a fluid is in a constant state of circulation through a round of vessels, it can be of little consequence from what part of that circle any quantity of it is deducted. From whatever part the water be taken out of a canal, through which flows a free and uninterrupted stream, it must equally affect the level of its surface and the impetuosity of its course. *(See No. 9, for "Lancet Deaths.")*

The Tongue an Index to the State of the Stomach.

The state of the tongue, particularly in the morning, is one of our best guides to the knowledge of the state of the stomach and of digestion; for it usually follows most exactly the functions and movements of the stomach. When the stomach is irritated, therefore, by acids or other excitants, it will be covered with a white, viscid, or frothy matter, in some, and a brown matter in others, which will also be seen on the tongue, particularly at its back part and along its middle; while the edges are clean and red. If this derangement is slight and trifling, it will nearly disappear after breakfast; when it is greater, it will continue during the whole day, and very probably give a bitter or vapid taste to the mouth, and prevent a just relish for food.

Circassian Method of procuring fine Eye-lashes at no Expense.

We need not dwell on the beauty of long, silken, glossy, eye-lashes, which have so often been the theme of lovers and poets. Lord Byron, who has all the fine tact of an eastern lover, while he has all the deep feeling of a poet, has often hung some of his finest gems on a beautiful eye-lash: one example will be enough.

As a stream late conceal'd
  By the fringe of its willows,
Now rushes reveal'd
  In the light of its billows!
As the bolt bursts on high
  From the black cloud that bound it,
Flash'd the soul of that eye,
  From the LONG LASHES *round it.*

BRIDE OF ABYDOS.

It is no less strange than true, however, that European beauties are quite inattentive to the growth of their eye-lashes;

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though in Circassia, Georgia, Persia, and Hindostan, it is one of the first objects of a mother's care to promote the growth of her children's eye-lashes. When we come to treat of the philosophy of the hair, we shall explain its structure and manner of growth, as well as its colours and the means of tinging it*. For the present it will suffice to say, that hair left to itself seldom grows long; but either splits at the top into two or more forks, or becomes smaller and smaller, till it end in a very fine gossamer point. When it does so, it never grows any longer, but remains stationary. The Circassian method of treating the eye-lashes is founded on this principle. The careful mother removes with a pair of scissors the forked and gossamer-like points (not more) of the eye-lashes, and every time this is done their growth is renewed, and they become long, close, finely curved, and of a silky gloss. This operation of tipping may be repeated every month, or six weeks. The eye-lashes of infants and children are best tipped when they are asleep. Ladies may, with a little care, do the office for themselves. This secret must be invaluable to those whose eye-lashes have been thinned and dwarfed, as often happens, by inflammation of the eyes.—Some remarks which occur here on the beauty of large full eyes, and the means of heightening their effect, shall be introduced hereafter (See page 175.)

New Cosmetic for Purifying the Skin.

The cosmetics hitherto fashionable have been all directed to the surface, without any reference to the interior, though it must be evident, that however powerful their effects may be for a time, that they will at best be but temporary and evanescent, and their application must be renewed almost as often as washing, at the risk too of sometimes doing great injury, and giving rise to dangerous disorders. It is proposed, therefore, to obviate this by going to the source, and instead of repelling from the skin inwards, to expel without the skin whatever may tend to disorder or discolour it. For this purpose the following has been tried on the Continent with some success, and we think it worth the trial of such of our fair readers as are in the habit of using cosmetic creams and lotions.

Take one drachm of tincture of cardamom seeds; fifteen drops of ipecacuan wine; and as much of the flowers of sulphur as will lie on a shilling; mix them, and add half a glass of any weak wine, such as ginger or elder wine, and take it on going

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* See our "Philosophy of the Hair," pages 275, 319, &c.

to bed. This may be repeated every second or third night; or, according to circumstances, once or twice a week.

Way of Dressing Infants, by a Grandmother.

Any one who has observed the different manner in which an ignorant nurse and a skilful midwife touch an infant just come into the world, must have been struck with the great contrast. The nurse, supposing it a thing of course that the child should squall, tosses and rolls it about, as if it were a bundle of rags; whilst the midwife lifts it in the gentlest manner, and avoids every motion which may give it uneasiness, or make it cry. At Vienna they use, for dressing infants upon, a large square cushion, filled in such a manner with chopped straw as to be pliable to every motion. The infant, after being bathed in a long oval wooden vessel of tepid water, is laid on the cushion, on which a warm napkin has been spread, another being placed over the body of the child. It is well dried in this position, and is dressed, without having its arms pulled about, or being forced to sit. No pins are used—but strings, and the person who ties them turns the child on its side as it lies on the cushion, so that it suffers no inconvenience. The clothes are all made to fasten behind, and so shaped as to cover the breast and arms; a necessary precaution in cold climates, and extremely useful in preventing severe coughs, inflammation of the lungs, and other fatal disorders during teething. (See page 304.)

How to make Godfrey's Cordial.

Thousands of bottles, we are told, of this nostrum are used in the nurseries of this country; and since it is so, we need not much wonder at the great mortality, sudden convulsions, excruciating gripes, and even confirmed idiocy, which have become so common, and we fear are on the increase. We give the receipt for preparing it, not that we recommend it to be imitated, but to show, that, after all, it is only the poison of opium, disguised by carraway and anise.

Infuse nine ounces of sassafras, and one ounce each of the seeds of carraway, coriander, and anise, in six pints of water, and simmer the whole till it is reduced to four pints. Add to this six pounds of treacle, or brown sugar, and boil the whole for a few minutes. When it is cold, add three fluid ounces of tincture of opium, or laudanum.

Foreign writers speak of the extensive use of this as a national opprobrium to Britain; and surely a more effectual

way of tormenting an infant, with all the horrors of opium eating, was never invented.

How to make Reynolds' Specific for Gout and Rheumatism.

A nostrum vended under this name by a country apothecary, who is said to have come by his death from a dose of his own infallible remedy, is, we understand, still a good deal used among the middle orders of society. It may easily be made by those who are in the habit of using it, at a very small expense, though it is sold at a high price.

Take eight ounces of the fresh bulb of the meadow saffron, or, as it is called by Botanists, *Colchicum Autumnale*, and macerate it for eight or ten days in sixteen ounces of sherry wine, by a gentle heat. To this tincture add as much of the syrup of poppies as will bring it to a good colour, and as much rum as will give a flavour and an odour, and you will have, for a few shillings, what would cost as many pounds if purchased of the medicine vender. (See page 307.)

Hunting Gout and Rheumatism with needles.

An ingenious young surgeon, named Churchill, has recently adopted the eastern mode of attacking pain by sharp weapons. He does not try to kill it by bleeding; nor expel it by purgatives or emetics; nor to starve it by a diet of slops and gruel—he thinks all these are temporising, round about ways, and comes boldly to the scratch at once, armed with a small dagger in form of a needle, and having a guard over the hilt like a broad sword With this formidable weapon he makes a push at the seat of pain, thrusting his instrument from one to two inches into the flesh. The pain, afraid of encountering cold iron, usually makes a sudden retreat—sometimes out of the body altogether; at other times into a different quarter, where it thinks itself more safe from attack. Hither, however, the undaunted surgeon instantly pursues his victim, till he drives it fairly from the field of battle. It is said his Majesty, in a late attack of gout, had thoughts of trying this singular mode of hunting; and that the thing, like other oddities, is getting into high fashion; Mr. Churchill's door being daily beset with coronetted carriages, to witness his dexterity in unearthing pain, hunting it down, and coming in, in masterly style, to the death.

How to procure three Bushels of Coals for nothing.

Where fuel is scarce and dear, many ingenious shifts are

tried to economize it; and are worthy of being recorded and imitated by those who are convinced of the great truth, that to save is to gain. The following mode of making one bushel of coals into four, is practised with advantage in Wales, and we see not why it may not be so in other parts of the country.

To every bushel of small coal (the smaller the better) add one bushel of clay or river mud. Mix them intimately together, with some water, to soften the clay, and then form the mass into small balls about twice the size of a hen's egg. According to the state of the weather, these balls are fit for fuel, in from six to twelve hours. A fire made with them throws out a regular, ardent, intense heat, and if made with clay, will burn eighteen hours, and if with mud, about twelve hours; so that by this mode of preparation, a bushel of coals will last as long as four consumed in the usual way. There is another advantage, as small coal, the very refuse of the coal-cellar, answers best: this, it is presumed, may be purchased at a lower price than coal in general.

How to Boil Potatoes nicely without Waste.

Seldom do we see potatoes well cooked, and still seldomer do we see them cooked without waste. By the following directions both ends will be attained. Choose your potatoes of equal size, and put them into a saucepan, or pot *without a lid*, with no more water than is sufficient to cover them; more would only spoil them, as the potatoes themselves, on being boiled, yield a considerable portion of water. By being boiled in a vessel without a lid, they do not crack, and all waste is prevented. After the water is come nearly to boil, pour it off, and replace the hot by cold water, into which throw a good portion of salt. The cold water sends the heat from the surface to the heart of the potatoe, and makes it mealy. Like all other vegetables, they are improved by being boiled with salt, which ought not therefore to be spared, and it can be well afforded now, even by the poorest, since the abolition of the salt-tax. The only proper test of their being done enough, is trying them with a fork. When they are boiled with a lid, cracking is usually considered the test of their being done enough, but they will often crack when they are quite raw in the heart. After straining off the water, they should be allowed to stand 10 or 15 minutes on or near the fire, to dry.

How to make Cabbillow, a Cottage Dish.

We copy from a Northern Periodical a receipt for a vegetable

dish, which, we doubt not, will be found both wholesome, economical, and palatable.—Mash boiled potatoes and boiled cabbages together, mixing them with slices of onions, and sprinkling the mess with pepper and salt, to which should be added a little butter or dripping. The dish is improved by being put into a Dutch oven to be browned, as is usually done with mashed potatoes. (*See page* 152, *for other Cottage Dishes.*)

How to make Yeast for a whole Year, at Little Expense.

"In Long Island," we are told by Mr. Cobbet, "they make *yeast cakes.* A parcel of these cakes is made *once a year.* That is often enough. And, when you bake, you take one of these cakes (or more, according to the bulk of the batch), and with them raise your bread. The very best bread I ever ate in my life was lightened with these cakes."

The materials for a good batch of cakes are as follows: three ounces of good fresh hops; three and a half pounds of rye-flour; seven pounds of Indian corn-meal; and one gallon of water. Rub the hops, so as to separate them. Put them into the water, which is to be boiling at the time. Let them boil half an hour. Then strain the liquor through a fine sieve into an earthen vessel. While the liquor is hot put in the rye-flour; stirring the liquor well and quickly, as the rye-flour goes into fermentation. The day after, when it is working, put in the Indian meal, stirring it well as it goes in. Before the Indian meal be all in, the mess will be very stiff; and it will, in fact, be *dough*, very much of the consistence of the dough that bread is made of. Take this dough; knead it well, as you would a pie-crust; roll it out with a rolling-pin, as you roll out pie-crust, to the thickness of about the third of an inch. When you have it (or a part of it at a time) rolled out, cut it up in cakes with a tumbler-glass turned upside down, or with something else that will serve the same purpose. Take a clean board (a *tin* may be better), and put the cakes to *dry in the sun.* Turn them every day; let them receive no wet; and they will become as hard as ship-biscuit. Put them in a bag, or box, and keep them in a place perfectly free from damp. When you bake, take two cakes, of the thickness above-mentioned, and about three inches in diameter; put them in hot water, *over-night*, having cracked them first. Let the vessel containing them stand near the fire-place all night. They will dissolve by the morning, and then you use them in setting your sponge (as it is called) precisely as you would use the yeast of beer.

Note, that white pea-meal, or barley flour, will do as well as Indian meal.

How to Save Soap in Washing.

To those families who wash for themselves, the saving of soap is an important consideration. The following hints will be found useful:—put any quantity of pearl-ash into a large jar, covered from dust, and in a few days it will melt into a liquid mass, which is to be diluted with double its quantity of soft water, and add to it an equal quantity of newly slacked lime. Boil it for half an hour, frequently stirring it: adding as much more hot water, and drawing off the liquor, when the residue may be boiled afresh, and drained until it ceases to feel acrid to the tongue. Much soap and manual labour also may be saved by dissolving alum and chalk in bran water, in which the linen ought to be boiled, then well rinsed out, and bleached as usual. Soap may even be laid aside altogether, or nearly so, in the getting up of muslins and chintzes, by washing them, as they do in India, in plain water, and then boiling them in rice-water. After which they must not be smoothed with the smoothing-iron, but put through the mangle. (See page 231.)

Surgical Sparring between Mr. Henry Earle and Sir Astley Cooper.

His Holiness the Pope may have occasion to bestow the Apostolic blessing even on a heretic, in the person of Mr. Henry Earle, of St. Bartholomew's Hospital; that is, if this gentleman happens to be right and Sir Astley Cooper wrong. His Holiness has just had the misfortune for himself, and possibly the good fortune for his successor, to fracture his thigh bone, by falling *(ex Cathédra)* out of the Papal chair; an accident that is often fatal in a few days *. Sir Astley maintains it to be an incurable case, or at least that the person will be lame for life, if the neck of the bone be broken in a certain place. Mr. Earle, on the contrary, maintains that it is not only curable without any remaining lameness, but that he himself has performed complete cures, under the most unfavourable circumstances stated by Sir Astley, by means of an apparatus, for which the Society for the Encouragement of Arts awarded him their large gold medal. This apparatus completely prevents the motions of the joint—the absolute rest of which is so indispensable to

* His Holiness died a few weeks after this was published in the first edition of this work.

the cure; and as Sir Astley proposes nothing of this kind, it does not appear that he could ever succeed. Instead of this, he places a pillow under the whole length of the limb, and another rolled up under the knee, and thus extending the limb for ten days, or a fortnight; at the end of which period the patient is to rise daily, and sit up in a high chair, to prevent any painful flexion. In a few days he is permitted to walk with crutches; after a time, a stick is substituted for the crutches, and in a few months he is able to use the limb without either, but of course, *with the limb shortened for life;* while Mr. Earle's patients recovered without any lameness or shortening of the limb. How long Sir Astley "has adopted this plan of treating, or, more properly speaking, of abandoning patients, he does not state."

One of the causes given by Sir Astley, as tending to prevent the broken bones from uniting is, that their two ends cannot be brought or kept sufficiently near, in consequence of blood or matter distending the joint, and drawing the bones asunder. Mr. Earle says, on the contrary, that blood or matter distending the joint, will, instead of separating the bones, bring them nearer to each other. "To illustrate this," says Mr. Earle, "we will suppose an oblong bag rather loosely applied over a cylindrical portion of wood, and firmly fastened at the distal ends of the same; then let the wood be divided transversely near its centre, and the loose state of the bag will in that case admit of a certain degree of separation between the two portions; but distend the bag with fluid, taking care to keep the divided ends of the wood in their proper relative situation, and it will be proved to demonstration, that the two pieces of wood will be brought into contact with each other; and the greater the degree of distention, the closer will be the contact to which they will be brought; because the process of distention will have the effect of expanding the sides of the bag, which alone can yield to the pressure of the fluid, and consequently must *force the divided surfaces into closer contact.*" Page 75. This even applies more closely to the joint; for the bag in this case is not so loose as in the supposed experiment, but is partly joined to the bones.

Again, Mr. Earle says, that if the bag of the joint be torn, or much injured, it either retards or prevents the cure; an opinion in which he is supported by the eminent French surgeons MM. Delpech, Boyer, Richerand, Louis, Duverney, and Sabatier. But Sir Astley is, seemingly, unaware of the importance of this bag being preserved entire; and, "I believe," says Mr. Earle, "that in many instances the examinations to which he recommends that patients should be subjected, may have

ruptured the remaining portion of the membrane, and thus have not only tended to insulate the head of the bone, but to increase the irritability, and create considerable inflammation." Page 83.

Sir Astley directs the patient first to be examined in the recumbent posture, and then to be made to stand by his bed-side, bearing his weight on the sound limb, so as to discover the shortening of the injured one. Then he is ordered to attempt to bear on the injured limb, which will be found to produce pain, from the stretching of the parts, and the *pressure of the rough broken ends of the bone on the membrane of the joint.* In order to hear the grating of the broken surfaces, (called by surgeons crepitus) Sir Astley directs the injured limb to be drawn down, and rolled outwards and inwards.—This useless and cruel examination explains, as Mr. Earle thinks, "one source of failure in Sir Astley's practice.

Yet Sir Astley seems to feel very comfortably about his failures. "It is gratifying," says he, "to find opinions which have been for thirty years delivered in my lectures, confirmed by the observations of intelligent and observing persons; and therefore it was *with pleasure* I read the cases of Mr. Colles, of Dublin, who was similarly *unsuccessful* in fractures of the neck of the thigh bone." "It would," says Mr. Earle, "I humbly conceive, have been somewhat more gratifying to have found that this opprobrium had been removed from our profession, and that the deformity, lameness, and misery of our patients had been diminished or prevented." Page 88.

The evil is not, therefore, confined to Sir Astley's patients, but is extensively diffused through the country by his pupils, and, by means of his works and his deservedly high authority, extended to the whole profession at home and abroad.

Consistency of speculative opinions is a very small matter compared with what we have now discussed; but it is also of some weight in estimating the value of authority. Sir Astley expressly states, that fractures of the thigh external to the joint happen most frequently in the *young*, and in the adult under fifty years of age, and are distinguished by the severity of the accident producing them, to which circumstances he attaches great importance. But it is very singular, inconsistent, and contradictory, that the three cases which he brings to prove this all occurred in *old* people; namely, "Mary Clements, aged 83 and a half years:" "a man, aged 64;" and "a man aged 60;" none of which cases, besides, were produced by any violent or severe accident.—This is certainly passing strange.

Mr. Earle has, we conceive, acted his part manfully, nobly, and in the true spirit of truth-seeking criticism—unawed by the great authority of Sir Astley in the profession, the influence of whose opinions have been widely extended by most of the Reviews and Journals, and have rendered it necessary—"doubly necessary, that some one should come forward to investigate the real merits of the case." He says, "I am anxious to disclaim the slightest feeling of disrespect towards the author, whose work I have reviewed; and should any passages appear too strongly expressed," I have to say that "it would cause me real pain to suppose that any personal feeling could be excited by the perusal of the following pages." *Preface*, page 10.

As Sir Astley has announced in the forthcoming third edition of his work on Dislocations, "a Refutation of almost every statement made" by Mr. Earle, we must wait for its appearance before making our decision. We hope and trust Sir Astley will show the same spirit and the same command of temper as his opponent, and above all things, that he will relieve himself from the serious charge of first making his patients incurable, by rough examination, and then leaving them to their fate of death or of lameness. If he does less than this, Mr. Earle will have made good his cause; and will afford a weapon for the disgraceful party-spirit and jealousy of the two hospitals of Guy's and Bartholomew's to fight their battles with, to the great injury of truth, science, and the public welfare. This, whenever we meet with it, we shall strongly expose and oppose*.

Medical Humbug in a Fellow of the College of Physicians.

Till the late publication of a work on mental derangement by Dr. F. Willis, a fellow of the College of Physicians, it had been supposed to be the most rational practice in cases of this description to attend as much to the mind as to the body, or even more. This profound gentleman has learned, he says, from Shakspeare's Lear, Lady Macbeth, Mad Tom, and Ophelia, that the mind when deranged stands in no need of medicine, but the body. This is rather a startling innovation on established usage. We were not, however, left long in the dark as to its origin, which is not in Shakspeare, but in that propensity of human nature—greediness for money. For, according to this sapient physician, "any other practice than the bodily one would be highly detrimental to the Practice of Physic." Precious!—and so the

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* For Sir Astley's reply, see page 113.

public are henceforth to be blooded, blistered, purged, and vomited, not that cures may be effected, but that the Practice of Physic may thrive; and all this is publicly taught in the Lectures at the College in Warwick-lane, and afterwards published for the benefit of fresh-men yet too innocent to be up to the humbug.

Medical Inspiration of Dr. Eady, Mr. Whitlaw, and Prince Hohenlohe.

Of all the delusions of medical quackery, the pretensions to divine inspiration, and divine influence, seem to be the most absurd, though they are frequently resorted to, as instruments of gulling. It is only a second stage of the pretensions of some medical men to superior sanctity in religion, of which we know an instance in an accoucheur, who never proceeds in his office without first asking for a closet, where he may put up a private prayer for his own success and the safety of his patient! In one respect this is of some importance, as, from his great ignorance of the art, it is not safe to be under his hands. Pretensions to inspiration in the cure of disease, we say is the second stage of the humbug, of which we could give many examples. Prince Hohenlohe, of Bamberg, who cures people by his prayers, is perhaps the most notorious living example. We lately observed in the public prints, that the Bishop of Kildare has attested a cure performed by this prince of impostors, for countenancing whom, the Catholic Prelate is loudly censured by the same *consistent* writers, who fill their columns with the praises of a still more gross impostor, named Whitlaw, another of those inspired with the sacred thirst for gold; because he is supported in his quackery—not by a Catholic Bishop—but by certain members of the British Senate!!! We shall expose his quackery anon*, to which task we are invited by no less a person than Sir Joseph Yorke, M.P., chairman of Whitlaw's dinner-party. But we shall content ourselves for the present with Dr. Eady, who has lately been honoured with a distinguished place in the Quarterly Review, the New Monthly Magazine, and other respectable Journals of the day.

The Quarterly Reviewer (Southey), in his researches into the secret history of the Rev. Mr. Huntingdon, S.S†., of Providence Chapel, first, we believe, became acquainted with Eady, whose

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* See pages, 99, 160, 202, 247, 287, 321, 323, &c.

† S.S. means Sinner Saved, and Huntingdon maintained it to be as honourable a title as D.D., or any other.

history, and that of Huntingdon's, have a wonderful coincidence. Huntingdon found coal-heaving a hard-working and ill-paid business, and took to preaching and praying; first for breeches to cover his nakedness, and afterwards for loaves and fishes, and the hand of the lady Mayoress. Eady finding it but a poor concern to measure linen and tape behind a village counter, bethought himself of petitioning heaven for the gift of curing diseases; but before waiting for the fulfilment of his wishes, his impatience stirred up his spirit to try what he could accomplish in the way of medico-religious humbug, and he accordingly began as Whitlaw and all other quacks do, to make large pretensions, and to treat with sovereign contempt the talents and pretensions of all others. The bait took with the multitude, both wise and ignorant; for all men are overawed by pretension, when it takes the form of mystery, and deals roundly in what have been well called false facts. By means of chalk, chuckling, and chicanery, he has at last got it pretty generally believed among certain ranks, and particularly among the saints of Providence Chapel, that he has had his knowledge of diseases, directly as a gift from heaven, and that all the learning of the College of Physicians only serves to lead the members astray; in the same way as the learning of the Bishops is only one of the delusions of the devil; the only true learning being to be found in Providence Chapel, Gray's inn-lane, and at 38, Dean-street, Soho!!!

This passes admirably well amongst the ignorant, both high and low. But rich in resources, Eady has another bait for the more intelligent classes: and that is his extensive experience. We have even heard physicians of some ability declare, that they would sooner call in Eady in some diseases, than many members of the College who have had little experience. This is a very gross delusion. An ignorant man, which Eady undoubtedly is, as he cannot write a sentence grammatically, can never profit by any experience, however extensive, but will go on blundering and killing his patients, so long as they will believe in his nonsense of divine inspiration, and extensive experience. A little common sense, joined with a little sound learning, will outweigh all the ignorant experience in the world. The common proverb applies to this most aptly.—Send an ass to travel, and he will return an ass; give a goose experience and he will remain a goose for life.—We must reserve the inspired Medical Quaker;—Dr. Cameron, the morning water doctor; (see pages, 248, 287.)—and Baldwin, the professor of animal magnetism for Britain, till a future opportunity, when we shall not forget to unmask all the machinery of Medical Boards and other Quack Establishments, for killing—maiming—and pocket-picking.

Diseases of September, and the best Means of escaping them.

The circumstances which have the chief influence in producing diseases, are the state of the air and weather, and the sort of food, vegetable or animal, which may be in season, taken in conjunction with peculiar states of the body and the constitution. We must take all these into view in examining the diseases prevalent in September, on which Mr. Haden has written a short but sensible paper: of this we shall take the liberty of availing ourselves, and, we hope, of benefiting our readers.

With respect to the *air* and *weather*, September, if not the most pleasant, is certainly the most comfortable month in the year; for while it is not so oppressively hot as July and August usually are, there still remains enough of the summer warmth to make the wind soft and balmy, and to temper the chill of the northern breeze. The winds, indeed, are for the most part moderate, and seldom high or sharp; and this is perhaps the calmest month in the year, while it is certainly, with the exception perhaps of March, the driest, and is seldom disturbed with the violent storms of thunder and hail, which often prevail in the hotter months of July and August.

All these circumstances ought to contribute to render the month healthy, though they in reality seem to have less influence than might, from a theoretical view, appear. This may be probably traced to the effect of the autumnal *fruits* counteracting the more genial influences of heaven, by their acids acting injuriously on the bowels. This, however, is not all; for though the sky be clear, and the air feel mild and agreeable, the evaporation from stagnant waters and marshes frequently gives rise to agues and intermittents, in the districts where they abound. The chilly mornings and evenings, also, which in the more northern parts of the island even begin to show hoar frost, often give rise, in those who are exposed to them, to cold fevers, catarrhs, and occasionally to pleurisies, or inflammation of the lungs, sometimes the forerunners of consumption and declines.

The autumnal fruits are more indigestible and crude than those of summer;—the plumb, in its infinite varieties, as well as apples and pears, (we mean in the raw state) than the strawberry, gooseberry, and currant. One cause of the disagreement of the autumnal fruits with the stomach, and the digestibility of summer small fruit, may perhaps be traced to the state of the *constitution*. At the commencement of summer, the system is more nerved and braced by the atmosphere of winter and spring,

and by the drier food which necessity obliges us to take at those seasons, so that the cooling fruits of summer are wholesome from their opening the bowels, and removing the oppression so commonly generated by the injurious habits of civilized life. But it is not wonderful that a continuance of a watery and innutritious food, like fruit, should, towards the autumn, in those of weakened digestion, produce bowel and liver complaints, from their constitutions being partly predisposed to it by the continued and relaxing heats of the summer months. One great means, therefore, of escaping September diseases, is to be cautious in the use of fruit.

We again revert to the chills of the morning and evening, as perhaps the most prevalent cause of September diseases; and we found upon it a strong caution to our readers to beware of exposing themselves too suddenly, and without sufficient clothing to the heavy dews which are always the unfailing accompaniment, as Dr. Wells proved, of a clear and unclouded sky. It is proper therefore to remark, that though, in the evenings of July and August, it is not dangerous to sit in the open air with the head uncovered, and in a mere drawing-room dress, we can seldom with impunity do the same in September. This caution is the more necessary, from the days being still mild and pleasant enough to entice us rather to linger in the open air, than confine ourselves to a close room, though we may afterwards be seized with dangerous colds, coughs, or agues, as the penalty of our careless exposures.

The Article which we had prepared, as intended to follow here,

On the Prevention of Declines at the Fall of the Leaf,

will come in, we think, with more propriety, in our paper on the diseases of October.

The Art of Gymnastic Training improved, and applied to Strengthen those who are Weak and Nervous from Disease or from Constitution.

No. 1.

To those who have formed a bad opinion of "Sporting," we would say, as the Latin proverb has it, that, "it is good to take useful hints, even from an enemy*;" and that they may learn wisdom from the Devil himself, if they search carefully for the single grain of wheat in his bushel of villainous chaff. By

* Fas est ab hoste doceri.

this, however, we mean no offence to Mr. Jackson, nor Capt. Barclay: we only speak as Family men; and this is the apology we offer to our Family readers, and such as look upon the "Fancy" with an eye of suspicion. That there are inconveniences and disagreeables (to use no stronger terms) connected with "Sporting," in all its branches, the *knowing ones* themselves will readily grant; but as these are not in our way, we shall take leave to pass them over, and come at once to what every body must allow to be "good things," not only for men of the Fancy, but for all who wish for health, vigour, and a long and happy life—*The Art of Training Men to their utmost Measure of Strength.* As Capt. Barclay's work is not only expensive, but out of print, and as there is no Manual of this important Art to be had at a reasonable price, we shall go into the particulars with all practical and useful minuteness, and suggest such improvements as occur to us. We cannot, of course, finish the subject in one paper; but we wish to be full and complete, rather than brief.

The first operation of training is to clear the stomach and bowels of all obstructing and unwholesome substances, and to bring the organs of digestion into a healthy state; for if this is not attained, the subsequent food and exercise will only be thrown away, and the person will never gain in strength. For this purpose, it is the practice of modern trainers, as it was that of the athletæ of Greece and Rome, first to give an *emetic.* John Smith, of Yorkshire, gave, as an emetic, twenty grains of ipecacuan with one grain of tartar emetic, upon a full stomach; and this seems as good as any other. Smith's practice of taking blood from the arm in plethoric habits, we do not so much approve of, as blood-letting has a tendency to produce fat, and it is not, on that account, followed by other trainers; for all appearance of fat is injurious to perfect vigour, and produces oppression of the lungs. Such persons, therefore, who have been properly trained till they are in high athletic condition, have no fat. The same is true of trained race-horses and game-cocks; for when any of these has been killed by accident, while at the top of their condition, not a particle of fat has been found in their bodies, making allowance, of course, for the socket of the eye, and other parts, where there is always less or more natural fat, even in the leanest individual. This emetic plan ought, we think, to be much more frequently used than it is, both in training and in common life, as it not only clears the stomach of stagnant and offensive matters, but it likewise clears the lungs of phlegm, and the pores of the skin of all obstruction; while it also strengthens the stomach by relieving

it of an oppressive load. It has, we believe, fallen into disuse chiefly from the reluctance of people to the disagreeable operation.

A *purgative* is given a day or two after the emetic, in order to unload the bowels. The medicine chiefly used by Mr. Jackson and other celebrated trainers, is from one to two ounces of Glauber's salts; the same dose to be repeated three times at the interval of two days. Perhaps Epsom salts would be preferable, as they are milder in operation, and do not so much irritate the bowels. It does not appear that the trainers have much liking to variety of drugs, and they are certainly right. Some medical men, we know, would recommend calomel, in the same way as they recommend it to children, and even infants. For our own parts we should like to see this strong preparation of mercury banished for ever to the tropics, where they cannot do without it to set their livers right. In this country it certainly does more harm than good. We think, however, that the milder preparation of the blue pill would form a good forerunner to the salts, by being taken in the dose of one five or three-grain pill, the night previous at bed-time. Dr. Kitchener recommends his "Peristaltic Persuaders," that is, Rhubarb pills, containing three grains of rhubarb each, made up with common syrup and oil of carraway. The ancient athletæ do not seem to have taken purgatives by the mouth, but in the form of glysters. In training race horses and game cocks, a similar kind of purgative treatment is had recourse to: the cocks have barley, which is to them a *scouring* food.

The next thing to be attended to, after the stomach, the bowels, and the rest of the organs of digestion are brought, by the means recommended, into healthful action, is a course of strengthening *diet*. The ancient athletæ esteemed pork to be the most invigorating food; but the modern trainers prohibit pork altogether, as it is apt to purge some people, and recommend only beef, mutton and fowls. It may be remarked, however, that the pork in ancient times was not house-fed, and bloated by the art of fattening; but was had from the woods and fields, where the swine were fed on roots and acorns, and had abundant exercise in the open air. It does not appear either, that the ancients had good beef or mutton.

It has been observed, that men will relish and digest *beef* much longer, without change, than any other sort of food; and beef has been found to contain more strengthening nourishment than mutton, though the trainers think mutton is more easily digested. This we question. The whiter any animal food is,

it contains less of the strengthening principle, produces less excitement of the animal spirits, though it is not on that account the more easily digested, but the contrary.

Pork, a white fibred flesh, is the hardest to digest of any, and contains much less nourishment; and as mutton is paler than beef, we would say, that it not only contains less nourishment, but that it is of harder digestion, and is more apt to ferment in the stomach and cause flatulence, colic, and griping; in the same way as mutton broth, when set aside, will ferment much sooner than leg-of-beef soup.

Veal and *lamb*, which are also pale meats, are never allowed, and we remark here also, that soup made from either of these cannot be preserved sweet and free from fermenting for many hours. As a change of diet, fowl or rabbit is permitted once a week or so, but never except with vinegar.—This is the most erroneous thing in the system we have yet come to. As the fibres of both fowl and rabbit are very pale, they can contain but a very small portion of nourishment, and must readily run into fermentation in the stomach, which the vinegar, far from counteracting, will promote. That the tendency to fat, may be in some measure prevented by the vinegar and the diminution of the nourishment; or that the change may produce more relish for the beef on the following day, are the chief circumstances on which it can be defended. No food indeed is likely to be easily digested, or to afford great nourishment, if it be not eaten with relish; but it must be carefully noted, it does not follow, that all food which is relished is easily digested or very nutritive.

The sinewy legs of *fowl* are by some trainers highly approved of, on the principle, we suspect, of their being strong and tough in the fibres, and of their being, therefore, capable of imparting strength to those who eat them. This is the old foolish doctrine of signatures, which recommended saffron, celandine, and barberry bark in jaundice, because they were yellow like a jaundiced skin; poppies for diseases of the head, because the seed vessel is like the head; and pile-wort for piles, because the root of the herb resembles that disease *. We are quite certain that the sinewy legs of fowls have very little greater nourishing power than the white of an egg; and it is well known that is but little, as the nutritive part of an egg is the yolk. The *raw* yolk of an egg is sometimes, therefore, given by trainers in the morning, and is said to prevent bilious

* *Vide* Crollius, Basilica Chymica et de Signaturis, *and* Dr. A. Paris, Pharmacologia, Vol. I. page 43. 5th edit.

complaints. This must be a mere fancy, and about as well founded as that of the physicians, who prohibit bilious patients from eating eggs at all. There is no circumstance known to us which could establish the fact of eggs having any effect whatever on the bile or the liver.

Fish is very properly prohibited: the trainers say it is watery, and contains but little nutriment; though we may question its watery quality, from its always more or less causing thirst. On what this stimulant quality of fish depends is not yet understood, as from its white fibres, and chemical composition, it might be supposed to be rather inert and mild. Salmon, however, char, and sturgeon, we should imagine to be more nutritive than rabbit or fowl, in the case of a change of diet being desirable, for one day in a week or a fortnight.

No *butter* nor *cheese* is allowed, on the principle of their being both innutritive, and of difficult digestion. Butter, besides, like cream, is apt to produce fat, and to make the muscles lax and flabby, the very reverse of that for which the process is intended. Cream-cheese is, of course, still worse than the common sorts. Every species of fat meat, whatever it may be, is strictly prohibited, as it is said to create bile, and foul the stomach. It does this, we conceive, chiefly by its being so indigestible, that it runs into fermentation before the stomach can act upon it, producing an acid, which causes irritation.

Lean meat, therefore, is uniformly preferred to fat; and, what appears to be inconsistent with the recommendation of the sinewy legs of fowls—the lean of fat meat is preferred to the lean of lean meat, so far from being sinewy, is the most tender, juicy, and sapid, and of course we as highly approve of this, as we strongly disapprove of the sinewy precept.

All *vegetables* are strictly prohibited, such as turnips and carrots, which are said to be of difficult digestion; and potatoes, which are said to be too watery a food. This is philosophically correct, except that potatoes are far from being a watery food, if of good quality, and cooked as we have directed, page 37, above; but even so, they are not very fit for producing firm muscularity. Cabbage, and every sort of salad, are greatly worse for affording nourishment.

Stale *bread* is the only vegetable food allowed. New bread is apt to swell on the stomach, and prevent digestion. Hot rolls would in a few days ruin the training of a fortnight. *Biscuit*, or bread toasted hard, without much browning, we should prefer even to the best stale bread. The ancient athletæ used unleavened bread, and this is perhaps still better, though

we fear few of our training men would relish it. With respect to biscuit, it is well known that people recovering from fever, and other exhausting diseases, sooner acquire strength with it than with bread, and sailors feel a sensible diminution of strength, when at any time they give up their biscuit, and live on bread.

No sort of *pies, puddings,* nor hard dumplings, are ever used; and the trainers say you may as well take earthenware into the stomach, they are so very indigestible. With this opinion we completely agree, and nothing is a greater source of indigestions and surfeits in England, than the enormous consumption of indigestible pastry of this description.

In our next paper on this subject, we shall treat of the Mode of Dressing Food for men in training, with the Time and Quantity of their Eating; and in our third article, of the best sorts of Drink or Liquor for them; and in some subsequent ones, on the Air and Exercise to be used; with the Application of the System, to Strengthen those who are feeble from natural Constitution, or from Disease. N. B. page 93

Chemical Process of Broiling, and its Effects on Food.

Broiling is a slight variation of the process of roasting, and though it may appear to differ but little, there is a very considerable difference of effect. Chops or steaks for broiling, either on clear coals or a gridiron, ought not to exceed three-fourths of an inch in thickness, otherwise they cannot be thoroughly done. They are ready to serve up when they can easily be pierced through with a fork or sharp skewer. The practice of previously beating the raw chops with a mallet, is not to be recommended. Those gridirons are the best which are fluted, to receive the fat, which not only prevents it from falling into the fire, and causing flame, but also prevents the loss of the fat, by conveying it into a small trough.

In roasting and baking, it requires some time to form an incrustation on the surface of meat; but in broiling, the quick application of a brisk heat very speedily frees the outside fibres from their watery juices, and a firm and crisp coating of fibre and fat is soon produced. This crust presents a strong barrier against the escape of the juices from the interior, which are more suddenly expanded than in the slower process of roasting, and of course must produce a more violent separation of the small fibres from their several bundles.

These effects, however, are chiefly mechanical, for there does not appear to be the same chemical union of the several sub-

stances as is observed in roasting; and it is found that broiled meat contains more uncoagulated albumen, gelatine, and other uncombined Chemical principles, than if it had been either roasted or boiled. It is this that renders broiled meat more juicy and sapid; while the more sudden and violent rupture of the fibres, caused by the rapid expansion of the fluids, must evidently render it greatly more tender, than if they had been slowly and gradually separated by roasting or boiling.

The sorts of meat most fit for broiling, are such as are too dry and deficient in albumen and gelatine for roasting, among which may be mentioned the flesh of old animals, the rump of beef which abounds in fibre, and above all, game, and most sorts of fish, such as trout, char, mackerel, and herrings, which would be rendered too soft by boiling, and be quite shrivelled, by roasting or baking.

Such flesh as abounds in gelatine and watery juices is not proper for broiling, and consequently, lamb, veal, sucking-pig, fawn, and kid, are much more adapted for roasting. The same may be said of the parts of animals, for even the white and tendinous parts of the older animals should not be broiled, while the red fibrous parts of young animals may, with propriety, be dressed on the gridiron.

Broiled meat, it will appear from what has been now detailed, contains the greatest portion of nourishment, and it is, therefore, as we shall see, preferred by men of the fancy, when training, to all other modes of cooking. For restoring the strength of invalids, it is also the best mode in which animal food can be dressed, both from its nutritive qualities, and from its being easily digested, as the juices are so little altered that they require little preparation to convert them into good chyle and healthy blood. Chops, steaks, and many kinds of fish, are therefore to be preferred broiled rather than fried, when substantial and strengthening nourishment is wanted, even though it should not accord so well with taste, and the fancies of appetite. Those who are already strong require not to be particular, but in training and for invalids it is indispensable.

Medical Effects of Beer, Porter, and Ale, on Health, with the Experiments of Sir A. Carlisle and Mr. Brande.

A whole volume of useful precepts might be written on the subject of malt liquor, as it regards the health of those who use it; but we shall rest contented for the present with some of the scientific parts of the subject, derived chiefly from Chemistry. We must premise, however, that chemists are still much in the

dark as to the peculiar elements which enter into the composition of fermented liquors. They tell us, indeed, of aromatic and bitter principles, and of alcohol or spirit, and of acids and extractive matters; but they seem to know little of the qualities or peculiarities of these, and therefore we conceive that they often talk at random. We shall for the present confine ourselves to genuine malt-liquors, as we shall have abundant scope for exposing the effects of adulteration in a future article.

The effect of alcohol or *spirit*, under whatever form it be taken into the stomach, is to act upon the nerves, and through them, on the brain, first producing a high flow of spirits, and an ebullition of hilarity; and secondly, a languid, listless, and not always unpleasant state of weariness or of semi-stupefaction. If the potation has been more copious than moderate, the nerves and brain are put upon the stretch, from which they seldom recover, without producing severe headaches, and uncomfortable feelings of the stomach and liver. If these potations are often repeated, they come, of course, to produce diseased habits of the nerves, brain, stomach, and liver, which will be difficult to cure, in proportion to the length of time they have been established in the constitution. This, however, is an extreme case.

If genuine malt-liquor be taken in moderation, the gentle excitement which it gives to the nerves will give strength to the body, and stir up the mind to vigorous activity; it will impart health to the blood, and give to the skin the fresh colour of youth, In the weak and emaciated, provided there be no organic disease, and that the stomach and bowels are not disordered, nor the mind fretful, it will often, when taken in small quantities, produce both strength and plumpness.

> Where the stomach, indolent and cold,
> Toys with its duty, animate with wine
> Th' insipid stream; though golden Ceres yields
> A more voluptuous, a more sprightly draught,
> Perhaps more active.

ARMSTRONG'S *Art of Preserving Health.*

Such are the effects of the mere malt-spirit, without the addition of hops, or the presence of acid, which will be immediately considered.

In order to enable our readers to judge of the quantities of this spirit in the different sorts of malt liquor, we shall give them the result of the experiments of Mr. Brande, in analysing them according to the established principles of chemistry. In Burton ale, he found almost nine parts in the hundred to be

spirit; in Dorchester ale, about the same; in brown stout, a little less; in Edinburgh ale, about six or seven parts in the hundred; in London porter, about four or five; and in small beer, only from one to two parts of spirit in the hundred. It appears from this, that Burton and Dorchester ales are by far the strongest in spirit, and that, therefore, they ought to be used in small quantities, and with much caution, while London porter and small-beer *(so far as their spirit is concerned)* may be drank in almost any quantity, without much risk of injury.

The *hops*, which form a main ingredient in malt-liquor, from their strong narcotic quality, tend in some measure, it may be presumed, to allay and keep in check the high flow of mirth and fun produced by the spirits. The hop, indeed, has so many properties in common with tobacco, that we may here refer the inquisitive to what we have said of the medical effects of smoking, at page 25, above. The bitter of the hop, however, it may be remarked, like all other vegetable bitters, tends to brace and strengthen the nerves of the stomach. But bitters, and the hop as well as others, when taken to excess, are accused of weakening the eyes; and though we do not affirm this, we think it is very possible, from the sympathy of the head and stomach, and the danger of bracing the nerves, (to use a metaphor) beyond what they can bear. Our Chemistry is still too much in its infancy, to be able by analysis to determine the quantity of infusion, or extract of hops, in a given quantity of malt-liquor.

So far, then, our health is in little danger from these main ingredients, malt and hops; but we are sorry to say, it is not so with another principle—the *acid* which is always more or less present in all malt liquor, and constitutes the tart flavour called hardness. This acid is not an addition of fraud or adulteration, but arises during the fermenting process. When taken into the stomach, it has the effect of leaven, a small portion leavens the whole mass of food and drink in the stomach, makes it sour, and consequently produces heart-burn, bile, nausea, headache, and either costiveness or flux, according to the circumstances of the quantity swallowed, and the strength of the constitution to bear it. It is this acid which is the chief producer of gout, rheumatism, gravel, stone, and the like tormenting diseases. If you would avoid these, *drink all your malt-liquors as mild as possible*, when you are sure that the deleterious acid is in small quantity. To make assurance doubly sure, particularly if you are subject to any of those complaints, or threatened with them, we should strongly recommend the alkaline substances, directed in an adjacent page,

under the article "Champaign," to be always taken shortly before or after every potation of malt liquor.

To determine the proportions of acid in porter and small-beer, Sir Anthony Carlisle, assisted by Mr. Hare, filled six glasses, each containing two ounces of the best London draught porter, from a gentleman's cellar. The first glass saturated five grains of Henry's calcined magnesia; the second, three grains and a half of carbonate of potash; the third, three grains of sub-carbonate of soda; the fourth, six grains of prepared chalk; the fifth, six minims of liquid potash; and the sixth, ten minims of liquid ammonia. Of six glasses of the same size, filled with fresh brewers' table-beer—the first saturated two grains and a half of the magnesia; the second, two grains of the carb. of potash; the third, two grains sub-carb. of soda; the fourth, five grains of prepared chalk; the fifth, four minims of liquid potash; and the sixth, six minims of liquid ammonia. In short, we may state in the gross, that a quart of porter contains about as much acid as a couple of lemons, and a quart of fresh table-beer as much acid as one lemon, or a little more. As we said before, chemists as yet know but little of the nature of these acids; but physicians are well aware of their injurious effects on the constitution, and therefore, we again impress it on all drinkers of malt liquors, never to be without some alkaline substance to counteract their injurious effects.

To Prevent Gout and Rheumatism.

As practice is said to be better than theory, we shall waive for the present our medical directions for preventing Gout and Rheumatism, by a case as authentic as extraordinary; and though it may be known to some of our readers, we are certain that few of them act upon the principle.

Thomas Wood, miller, of Billericay, Essex, being born of parents, who were apt to be intemperate in their manner of living, was subject to various disorders, particularly the rheumatism, until he attained the age of thirteen years. He then had the small-pox in a favourable way, and from that time became healthy, and continued to have no complaints till the age of about forty-three years. During the latter part of this period, he indulged himself voraciously in fat meat, three times a day, with large quantities of butter and cheese; while strong ale was his common drink. About his fortieth year he grew very fat; but as he had a good appetite, digested his food without difficulty, and slept undisturbed; he made no alteration in his diet. In his forty-fourth year he began to be disturbed

in his sleep, and to complain of heart-burn, of frequent sickness at his stomach, pains in his bowels, headache, and giddiness. He was now sometimes costive, at other times in the opposite extreme; had almost a constant thirst, a great lowness of spirits, violent rheumatism, and frequent attacks of the gout; besides, epileptic fits, and a sense of suffocation, which often came on him, particularly after his meals

Under such a complication of diseases, every day increasing, he continued till his forty-fifth year, when a clergyman in the neighbourhood, recommended to him an exact regimen, and pointed out to him the *Life of Cornaro*, which convinced him that intemperance was the principal cause of all his complaints. He thought it prudent, however, not to make a total change in his diet suddenly, but at first confined himself to one pint only of his ale every day, and used animal food sparingly. By this means he soon felt easier and lighter, and his spirits became less oppressed, which encouraged him to proceed in his experiment; and, accordingly, after he had pursued this regimen during two months, he diminished his ale to half the former quantity, and was still more sparing of fat animal food.

In this course he continued till his forty-sixth year, from which time he entirely left off all malt-liquor, and began to drink only water, and to eat none except the lighter meats. But although some of his complaints were thence relieved, some of them remained in full force. The rheumatism tormented him, and still he had, now and then, slight fits of the gout. On the 4th of June, he began the use of the cold bath, and continued it twice or thrice a week, until the 29th of October, the following year; taking daily exercise with the dumb-bells. From his forty-sixth year he drank no more of any liquor whatever, except only what he took in the form of medicine; and he avoided cheese, butter, and all animal flesh; his diet being principally confined to pudding made of sea-biscuit. He allowed himself very little sleep, generally going to bed at eight o'clock in the evening, sometimes even earlier, and generally rising about one o'clock in the morning, but being very rarely in bed after two o'clock.

The poor diet to which he accustomed himself became as agreeable to his palate as his former food used to be; and he had the additional satisfaction to find his health established, his spirits lively, his sleep no longer disturbed by frightful dreams; and his strength of muscles so far improved, that he could carry a quarter of a ton weight, which weight he in vain attempted to carry when he was about the age of thirty years.

His voice, which was entirely lost for several years, became clear and strong. In short, to use his own expression, he was changed from a monster to a man of moderate size; from the condition of an unhealthy decrepit old man to perfect health; and to the vigour and activity of youth. His flesh became firm, his complexion well coloured, and what is very remarkable, the integuments of his belly, instead of being loose and pendulous, contracted nearly in proportion to his diminished bulk.

It is conjectured, though he was never weighed, that he had lost ten, or perhaps eleven, stone weight. As he was ten years older than Cornaro was when he began his regimen, he thought that on this account, a more severe and abstemious course was necessary for him; and he was greatly influenced by Dr. Cheyne's opinion, "That Cornaro would probably have lived longer had his regimen been more strict."

He was encouraged to abstain from liquids, by an observation which he had made in feeding hogs. He never allowed these animals to drink, and to this he attributed the excellency of his pork; which was greatly valued on account of the whiteness and firmness of the flesh.

His business obliged him to use a great deal of exercise, particularly that of riding; and he digged in his garden whenever he had leisure. But though his exercise was ever so laborious, or ever so long continued, he had very little or no sensible perspiration. His pulse beat about 45 strokes in a minute. He made every day about a pint and a half of urine, of a full amber colour; and it scarcely varied, either in quantity or appearance, from the time he left off drinking. He had seldom more than one stool in two days, or two in three days. If it happened, at any time, that his body was in a less costive state, he found himself languid and faint, and less able to go through his business. Although he wore thinner clothes than he used to wear when in his state of corpulency, he found himself much less sensible of external cold. He was likewise much less liable to colds than he formerly was; nay, he even exposed himself to all weathers, and yet scarcely ever perceived the least degree of that indisposition. From the time when he first entered upon the pudding diet, he was much less subject to flatulence, and still much less so from the time he left off drinking; and he became entirely free from gravel, a disorder to which he was formerly very subject. Mr. Wood was a great enemy to all fermented liquors, to butter, and to salt; nay, he even doubted of the wholesomeness of common bread, meaning bread which has undergone the process of fermentation; nor did he seem to

build this opinion on mere speculation, as when his pudding was, at any time, made of common bread instead of sea biscuit he constantly found the effects of it to be thirst, unquiet sleep, and disagreeable dreams. Of the pudding, his quantity used to be one pound and a half at four or five o'clock in the morning, as his breakfast, and the same at noon, as his dinner; after which he abstained from food until the next day. But having grown fatter under the use of this diet, he judged it necessary to quit it, as being too nutritious; and during three months he lived on a composition made of one pound of coarse flour, and one pint of water, boiled together. This he was at first much pleased with, but afterwards found it disagreeable to his stomach, and not easily digestible. The pudding which he then used was composed of one pound of the flour, of which the best kind of sea-biscuit is made, boiled with a pint and a half of skimmed milk, without any other addition.

Mr. Wood continued to enjoy good health, in general, till his 64th year, when he caught cold by riding in the rain with his coat and waistcoat unbuttoned, as usual, which brought on an inflammation of his bowels. A few days before his last illness he had travelled on horseback more than sixty miles, without any sense of fatigue.

To make the Miller of Billericay's Biscuit Pudding.

The receipt for the miller's pudding, is worth preserving for the use of those who wish to make the experiment of living upon it.

Bring three pints of skimmed milk to the boiling point, and pour it over a pound of the best sea-biscuit broken into small pieces, or perhaps as much biscuit powder may be still better, and you will of course procure it from Le Mann's in Threadneedle-street. This is to be done over night, and the ingredients left to stand till next morning, when two eggs are to be beaten up with the mass. Boil the whole in a pudding-cloth for about an hour, when it will be of sufficient consistence to be cut with a knife.

Fates of a Pudding-Eater and of a Water-Drinker.

The natural impatience of man makes him eager to procure specific remedies for his diseases. We naturally dislike the slow and privatory operation of diet, regimen, and alterative medicines; and fondly believe the unprincipled pretender, who promises a cure by a few doses of the nostrum which he, of

course, pronounces to be infallible. The case of Mr. Wood produced the belief, that the biscuit-pudding was a specific for reducing corpulence. A gentleman, too fond of good living to abandon it, because he perceived the approaches of inconvenient corpulency, thought he would try the miller's pudding, and accordingly his cook having obtained the receipt, he ate one regularly every day, after his usual dinner of better things—like the water-drinker, who took his pint of distilled water, on Dr. Lambe's system, at dinner, and his two bottles of claret afterwards! We need not add, that the pudding-eater soon died of corpulence, and the water-drinker of gout in the stomach..

To Make an exquisite Midnight Devil of Woodcocks.

A table Devil has no malice nor mischief in him: he belongs not to the black crew *au feu d'Enfer*, but ranks with Robin-Good-Fellow and the order of white spirits. In a word, a midnight devil is a comfortable snack of solid, to prevent the potations of the preceding hours from evaporating *through* the stomach * and to the brain. The common devils are usually made with the remains of the previous dinner or supper, grilled, broiled, or fried, with a sufficient proportion of cayenne and other spices to parch the mouth and throat into a craving for more liquor. Sometimes the things are brought in cold. To this we say *pah!* The dish we shall serve up here is a more scientific article of the same species, and has been called by a facetious writer on Good Living, to whom we have been more than once indebted "*La Diablesse à la Sauce.*" We premise that the whole cookery of this "rich and rare" dish is to be done under the eye of those who are to enjoy it.

Mix equal parts of fine salt, cayenne pepper, and currie powder, with double the quantity of powder of truffles; cut up a brace of under-roasted woodcocks, and powder every part gently with the mixture; crush the trails † and brains along with the yolk of a hard boiled egg, a small portion of pounded mace, and the grated peel of half a lemon, and half a spoonful of soy, until the ingredients be brought to the consistence of a fine paste; then add a table spoonful of catsup, a full wine-glass of Madeira, and the juice of two Seville oranges; throw this sauce, along with the birds, into a silver stew-pan, close covered, to be heated with a spirit of wine lamp: keep it gently simmering, and occasionally stirring, till the meat has imbibed the greater part

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* See above in our article on "Starvation from Nourishing Soups," Page 19.
† Entrails.

of the liquid. When you have reason to suppose it done, pour in a small quantity of salad oil, stir it well, "and then." It should be instantly served round as hot as fire:—a cold devil is only fit for the burning skies of India.

NONSENSE,

Medical and Poetical, by Dr. Pring, of Bath, Thomas Moore, Esq. and Mr. Lawrence.

We confess that we have enough of human perversity, and the love of innocent mischief, to enjoy a blunder or a certain description of mischances; the finery of a Bond-street exquisite, for example, receiving a sprinkling of mud from the scavenger's broom, or the joltings of a dung-cart; or a hungry dinner-hunter, who had made his call at the *proper* hour, handed politely to the door, with a "good bye—will be extremely glad to see you when you are passing this way." In a word, we like to see a thing well spoiled, if it is to be spoiled at all—hate common-place mistakes or mediocre misfortunes—and dote upon nonsense when it is genuine and original—as much as we dote upon braised Turkey, French coffee, and hams boiled in champaign *à la Mi-Lord Blayney.* As there is reason in every thing, if a man can but find it, we pronounce it to be an infallible law of our system, that nonsense is an excellent digestive—superior even to old cheese, or dinner pills. This being the case, and having prescribed to ourselves the very arduous task of promoting the digestion of all ranks of the community, we are induced to furnish the following specimens of nonsense as a prelude to (we hope) something of the same sort as good, if not better, which shall follow in due time.—Our first specimen, although medical, is adapted to all capacities, from the fine tact and profound genius of its author, Dr. Pring—that is, it is genuine nonsense, having the aspect of a sound, sensible, and (as the Intelligencer ironically, no doubt, calls it) "comprehensive paragraph."

"It appears," says this learned physician, "that, from this view, primary disease consists of a change in the condition of life; that secondary related disease is an effect of this change; that the continuance of secondary disease is dependent upon *the state which is assimilated in the department* of life*; that in the re-agency of secondary disease, this state has the operation of a cause which is *related with* primary disease, or may produce other effects, in relation with the or

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* Query, *apartment* or *departure?*—Printer's Devil.

ganization; that the relation of secondary disease as *a cause with primary disease*, is to modify its state, and consequently its phenomena; that the results of such modification of its state may be an affection of life *while its assimilation is unchanged;* or an affection of life, which disposes it for the assimilation of another state; in the former case, the same phenomena of disease are continued, unless *changes differently related are induced* upon the structures: in the latter case, the assimilating state may be changed by the influence of secondary disease, and the results of this change may be progressive disease, or *a succession of assimilating states;* or *the series* may end in an assimilating state, producing other phenomena of disease; or it *may terminate in death or recovery* *. These events depend upon relations between *properties only inferred;* and the events can only be *anticipated*, and that *without certainty*, by an experience of their connexion with the circumstances of the relation, which circumstances are denoted by signs or symptoms."

As a parallel passage to this comprehensive paragraph of Dr. Pring's, who loves, as Johnson, we think, said of Dryden, "to tread on the very brink of meaning,"—we shall treat our guests to a rich dish of *Nonsense verses* by the Irish Melodist, Angel-lover, and Road-rhymer. Listen!

Good Reader! if you e'er have seen
  When Phœbus hastens to his pillow,
The mermaids, with their tresses green,
  Dancing upon the western billow;
If you have seen, at twilight dim,
When the lone spirit's vesper hymn
  Floats wild along the western shore;
If you have seen through mist of eve,
The fairy train their ringlets weave,
Glancing along the spangled green:—
  If you have seen all this, and more,
G— bless me! what a deal you've seen.

Dr. Pring *has* seen "more" than this; for he has seen "an assimilated state in the department of life anticipated without certainty upon relations between properties only inferred." We recollect nothing in medical literature to be matched with this, except perhaps Mr. Lawrence's nonsense assertion, that *death is the effect of life*—not original, however, but borrowed from Cuvier's "la mort une suite nécessaire de la vie;" and strange to say, like Dr. Pring's assimilated state, which ends in death or recovery, Mr. Lawrence's life is the cause of life as

* A very ticklish companion this same "assimilating state," which upon mere "inferred relations," may send a man whizz to Hades, while enjoying his dinner! "I'll have none of it, that's flat."—FALSTAFF.

well as of death * ! These cannot fail, we think, to try the strongest digestive powers; and if it be true that exercise increases strength, the trial ought by all good logic to be an excellent promoter of digestion.

On Vegetable Diet, *as producing Health and Virtue; and* Animal Food, *as producing Disease, Superstition, and Crime.* By the late Percy Bysshe Shelly, Esq.

> *Man* slays the lamb that looks him in the face,
> And horribly devours his mangled flesh:
> Which still avenging Nature's broken law,
> *Kindles* all putrid humours in his frame,
> All evil passions, and all vain belief,
> Hatred, despair, and loathing in his mind,
> The germs of Misery, Death, Disease, and Crime.

Prometheus stole fire from heaven, and was chained for this crime to Mount Caucasus, where a vulture continually preyed upon his liver, that grew to meet its hunger. How plain a language is spoken by all this. Prometheus, who represents the human race, effected some great change in the condition of his nature, and applied fire to culinary purposes, thus inventing an expedient for screening from his disgust the horrors of the shambles †. From this moment his vitals were consumed by the vulture of disease. It consumed his being in every shape by its loathsome and infinite variety, inducing the soul-quelling sinkings of premature and violent death. All vice thus arose from the ruin of healthful innocence. Tyranny, superstition ‡, commerce, and inequality were then first known. "Thirst, the necessary concomitant of a flesh diet, ensued: water was resorted to, and man forfeited the inestimable gift of health, and became diseased §." Man, and the animals whom he has infected with his society, or depraved by his dominion, are alone diseased. The wild hog, the bison, and the wolf, are perfectly exempt from malady; but the domestic hog, the

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* See Lawrence's Lectures, Edit. 1816, pp. 145-6-7, and Cuvier's Leçons, 1.5.

† Primus bovem occidit Prometheus. Plin. Hist. Nat. VII. 57.

‡ When Mr. Shelly asserts that an exclusive vegetable diet will destroy "superstition," and "all vain belief," he surely forgets that the Hindoo, who lives upon rice and pepper, is the most superstitious creature in the world, and without remorse rises from his simple meal—to drown his infant child—to burn his widowed mother—to worship a priest stretched for penance on a bed of pikes—or to sacrifice his own life, under the infernal wheels of the car of Juggernaut. It is thus that vegetable diet destroys superstition.—Editors.

§ Newton's Return to Nature. Cadell, 1811.

sheep, the cow, and the dog, are subject to an incredible variety of distempers. The super-eminence of man is like Satan's, a super-eminence of pain. But the steps that have been taken are irrevocable. How can we take the benefits, and reject the evils of the system, which is now interwoven with all the fibres of our being? I believe, that abstinence from animal food, and spirituous liquors, would in a great measure capacitate us for the solution of this important question.

Man resembles frugivorous animals in every thing, and carnivorous, in nothing. He has neither claws wherewith to seize his prey, nor distinct and pointed teeth to tear the living fibre. It is only by softening and disguising dead flesh by culinary preparation, that it is rendered susceptible of mastication or digestion; and that the sight of its bloody juices and raw horror does not excite intolerable loathing and disgust. The structure of the human frame is that of one fitted to a pure vegetable diet, in every essential particular. Young children evidently prefer pastry, oranges, apples, and other fruit, to the flesh of animals, until, by the gradual depravation of the digestive organs, the free use of vegetables has *for a time*, produced serious inconveniences. Unsophisticated instinct is invariably unerring; but to decide on the fitness of animal food, from a perverted appetite, is to make the criminal a judge in his cause. Except in children there remain no traces of that instinct which determines in all other animals, what aliment is natural or otherwise.

Crime is madness. Madness is disease. No sane mind in a sane body resolves upon a real crime. It is a man of violent passions, blood-shot eyes, and swollen veins, that alone can grasp the knife of murder. Is it to be believed, that a being of gentle feelings, rising from his meal of roots, would take delight in sports of blood † ? A child could not hesitate to answer in the negative. Surely the bile-suffused cheek of Buonaparte—his wrinkled brow and yellow eye—the ceaseless inquietude of his nervous system—speak no less plainly the character of his unresting ambition, than his murders and his victories. It is impossible, had Buonaparte descended from a race of vegetable feeders, that he could have had either the inclination or the power to ascend the throne of the Bourbons.

There is no disease, bodily or mental, which the adoption of

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* See page 65, below, for an answer to this.—Ed.

† Mr. Shelly, carried away by the tide of his wild poetical system, forgot the murders and other crimes daily perpetrated by the Irish peasants, and by some of the South Sea Islanders, who coolly rise from their meal of roots to murder and destroy.

Editors.

vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried. Debility is gradually converted into strength, and disease into healthfulness; madness, in all its hideous variety, from the ravings of the fettered maniac to the irrationalities of ill temper, that make a hell of domestic life, into a calm and considerate evenness of temper. On a natural system of diet, old age would be our last and our only malady; the term of our existence would be protracted*; we should enjoy life, and no longer preclude others from the enjoyment of it; all sensational delights would be infinitely more exquisite and perfect. By all that is sacred in our hopes for the human race, I conjure those who love happiness and truth, to give a fair trial to the vegetable system.

The proselyte to a pure diet must be warned to expect a temporary diminution of muscular strength; but it is only temporary. Above all, he will acquire an easiness of breathing, with a remarkable exemption from that painful and difficult panting, now felt by almost every one, after hastily climbing an ordinary mountain. He will feel none of the narcotic effects of ordinary diet. He will find, moreover, a system of simple diet to be a system of perfect epicurism. He will no longer be incessantly occupied in blunting and destroying those organs from which he expects gratification. The pleasures of taste to be derived from a dinner of potatoes, beans, peas, turnips, lettuces, with a dessert of apples, gooseberries, strawberries, currants, raspberries, and in winter, oranges, apples, and pears, is far greater than is supposed.—How much longer will man continue to pimp for the gluttony of Death, his most insidious, implacable, and eternal foe!

As a "Counterblaste," as King James would have said, to the preceding diatribe, we subjoin the following paper by our amateur correspondent. It is not indeed, a reply to Mr. Shelly, but it takes up the general question, and will, as we like fair play, furnish our readers with arguments on both sides.—EDITORS.

WHAT IS THE NATURAL FOOD OF MAN?

[By an Amateur.]

It is strange, that philosophers, whose sole aim should be utility—by which I mean the discovery or improvement of what

* The great Naturalist, Linnæus, was of a very different opinion. He found the Laplanders remarkably long-lived, though they live wholly on flesh and fish, and never taste any bread, or any vegetable, except a few raw turnips in the season, which they eat as we eat apples. Linnæus ascribes their long life to the animal food. See next article.—EDITORS.

can increase our comforts and enjoyments—should be so often led astray to pursue the vagaries of dreams, and to seduce the unwary from the solid and rational pleasures of nourishing their bodies and improving their health, into the bye-paths of what they falsely call science. These *egaremens* are most obvious in the important subject, which I shall now advert to: its importance, however, I must premise, is wholly derived from the ignorance or perversity of those who have undertaken to explain it.

Whether it is most *natural* for man to live on vegetable or on animal food, or on a portion of both, is a question—an idle one it must be confessed—but one which has in all ages been most keenly discussed, though as might have been expected, without leading to much useful information. The distinction, indeed, between natural and artificial diet, though it is adopted by some eminent Physiologists, and among others by Abernethy *, and Rush of Philadelphia †, seems to me to be altogether founded on a mistaken analogy, derived from the instincts of the lower animals, and unphilosophically applied to man. Wild animals select their appropriate food by instinct, independent of experience, and it is inferred, that man, in a state of nature, would have a similar power. But where or when is man found in this state of nature, without reason and experience to guide him, and society to instruct him? The lowest savages yet discovered do not even approach to this fanciful state, upon which is built so much of the false reasoning about natural and artificial food. The lowest savages employ fire in cooking their food, and according to the decree, that "man shall earn his bread by the sweat of his brow," all the principal vegetables which he uses for food, are such as are no where found wild, at least in a state fit for food, but have been improved by artificial cultivation. It may be superfluous to mention corn and esculent roots, and fruits, as well known examples of vegetables now no where to be found wild. The wild potatoe ‡ is small, bitter and unpalatable, and the same is true of the wild carrot, and the wild cabbage §, both natives of Britain: the crab-apple is perhaps a still more familiar example. *Man therefore has no natural food*, and for this reason perhaps, that he is endowed with understanding and

* Abernethy's Lectures on Physiology, and on Local Diseases *Passim*.

† Rush's Medical Observations.

‡ Molina, Hist. Chili, vol. II, Brande's Journal, No. XIX, and Paris Pharmacologia. I. III.

§ Fordyce on Digestion, p. 88. In the time of Henry VIII. neither cabbage, carrots, nor any esculent vegetable grew in England, and before his Queen could have a salad, it had to be imported from Flanders.

is not dependent on instinct. The doctrine even as it respects the inferior animals, does not always hold good. A species of American thrush, often falls a victim to its eating poisonous berries; and cows, in the early spring, frequently feed on the shoots of the water hemlock, and die in multitudes on the meadows *. Wild animals, it is also asserted, are, from living on natural food, exempt from all disease. No assertion could be more false or improbable, as I shall hereafter prove.

On a similar erroneous analogy (for all analogies—even Bishop Butler's, are more or less erroneous,) it has been attempted to show whether animal or vegetable food is best adapted to our nourishment. The human teeth, however, are unlike those of any other animal, either herbivorous or carnivorous. We have cutting teeth like the animals which feed on grain and nuts; canine teeth, or tusks, like animals of prey; and grinders, like herbivorous animals; with some little difference in the form of these, as Linnæus has well remarked †; but this was to have been expected. By comparing these several kinds of teeth, M. Broussonet inferred, that for every twelve parts of animal food we should eat twenty parts of vegetable food. This, however, is a mere fancy; for by the same rule, infants should eat twelve parts of animal for eight of vegetable food, a conclusion which even Broussonet would not, I think, admit ‡.

The same adaptation for both kinds of food is very remarkable in the motions of the human jaw. In animals of prey, the jaw only moves perpendicularly; in herbivorous animals, they only move horizontally, as may be observed in their chewing the cud;—in man, alone, there are both motions of the jaws—the perpendicular for animal food, and horizontal for vegetable food §. Animals also which feed on vegetables have four stomachs, while man has only one, like the beasts of prey, and like the hog which feeds on both animal and vegetable food. The whole of the intestines of the hog, indeed, have a near resemblance to those of man; and it is important to remark that they are of an intermediate length proportionate to the body, between the long intestines of herbivorous animals, and the short intestines of animals of prey.

One argument not often brought forward in this controversy, appears to me to be very striking; namely, that all herbivorous animals, not even excepting the ass, are very short-lived in comparison with man; while many animals of prey can boast

* Linnæus Lachesis Lapponica, July 11th. † Idem, August 25th.
‡ Blumenbach's Physiology. § Idem, No. 335.

of great longevity, as the eagle and the raven *, which are said to live for centuries. Linnæus thinks it one of the chief causes of longevity among the Laplanders that their food is wholly animal, a conclusion more probable, though directly opposed to that of the advocates for an exclusive vegetable diet †.

It should seem to follow then, from considering this controversy impartially, that nature intended us to be prepared for every exigency which might happen to us in the varied round of human life; that we might conform to the circumstances of climate and of supply, in which we might be placed; and in diminishing our powers of instinct, gave us reason to guide us in our choice of food. The Hindoo, therefore, lives and thrives on rice and pepper; the Greenlander lives and thrives on fish and whale oil; some Indian tribes live wholly on the produce of the chace; and the luxurious European must have all the varieties of what is eatable from all quarters of the globe; and all these have much the same share of health and of disease; of longevity and premature death.

It appears to me from this, that confining *us* exclusively to vegetable food is a topic only fit for theorists, or declaimers, or sentimentalists, or poets, and for affording all those doubtful and indistinct notions, which are so admirably adapted to writers who round off pretty sentences. The most recent discovery which I have met with in this way is contained in a book, entitled SOMATOPSYCHONOOLOGIA, in which it is gravely asserted that vegetable diet "clarifies the intellect," and produces "ethereal coruscations of genius §." Following up this principle, the writer has discovered that Dr. Paley was a bad reasoner, because he "was known to be an extravagant gourmandizer," and "often ate a whole shoulder of mutton at one meal." Dr. Johnson too, I suppose, must, for the same reason, be ranked low in the scale of genius and rationality, by our somatopsychonoologist, while Dr. Gall, the craniologist, who has an instinctive horror of mutton, will stand high as a man of talents!! It is worthy of notice, though I wish not to interfere with the rights of private opinion, that most—I do not say all—the *philosophical* eaters of vegetables, and drinkers of mere

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* Lachesis Lapponica.

† It is not easy to prove the fact; Hieracles, in order to ascertain it, procured a raven to try! FACETIÆ.

§ Somatopsychonoologia. 8vo. London. R. Hunter, 1823. p. 87, Note. I would say to the author in the words of his favourite poet Shelley, that

——— Human pride
Is skilful to invent most learned names,
To hide its ignorance.

water in this country, are Atheists, &c. *; and as Hudibras has it, are—

> More peevish, cross, and splenetic,
> Than dog distract, or monkey sick;
> Who quarrel with minc'd pies, and disparage
> Their best and dearest friend, plum-porridge;
> Eat pig—and goose itself oppose,
> And blaspheme custard through the nose!
>
> CANTO I.

CHEMICAL AND MEDICAL QUALITIES OF CHAMPAIGN.

Champaign, though one of the most delightful wines, is to be indulged in with great precaution. The piquancy of the flavour—the racy tartness—and the sparkling brilliancy, are all dependent on the presence of an acid, which, if not obviated as we shall direct, is productive of most deleterious consequences in the stomach, and, of course, in the constitution. The alcohol, or spirit which it contains, is, though little more than half the strength of port or madeira, perhaps somewhat peculiar in exciting the stomach by its stimulus to greater action than it can well bear. The consequence, therefore, of excessive indulgence in this delicious wine—the very mention of which excites the wish for a sparkling glass—is, that the stomach is fatigued with the excitement of its bright and airy spirit, and actually over-delighted into weariness. Then "comes me crankin in" the unbidden and unwelcome acid, and uniting with the vegetable matter already in the stomach, turns the whole contents into gastric vinegar. It is not to be wondered at, therefore, that this piquant wine should, in such cases, bring on gout, apoplexy, intolerable headaches, cramp in the stomach, or gall-stones, and all the dire accompaniments of diseased digestion. Dr. Scudamore says, "the heating, exciting, and certainly injurious qualities of Champaign, with regard to gout, are much more remarkable than are found from any other liquor." If it has power to excite a first fit, we need not wonder that it is a fruitful occasional cause, in producing the returns of the disease. I have met with several instances, in which the patient, thinking from his feelings of general health, that he might indulge a little with impunity, has taken a few glasses of Champaign; but before twenty-four hours had elapsed, gout has followed. A gentleman much disposed to gout, but who never having had an attack during summer, imagined that at that season he was exempt—drank six or seven glasses of Champaign

* We wish it to be understood, that this fact rests for proof on our Correspondent's assertion, and that it does not come within our own knowledge.—EDITORS.

at a convivial dinner, and in twelve hours paid the penalty of his indiscretion in the arrival of a decided fit. Some are so susceptible to the influence of champaign, that even a single glass very soon produces some sensation of gout in the limbs. One gentleman assures me, that by the slight use of this liquor, he can at any time bring on more or less gout in his feet."

The more habitual use, again, of wines of this sort produces effects, which are more lasting and severe in proportion as it can be carried on long without exciting a fit of gout. I lately saw a gentleman, who states, that in a visit to France, he thus indulged himself every day for some time without seeming disagreement, but on his return home he was attacked with gout, which, with its immediate consequences, lasted *forty weeks.*"

Those, therefore, who are desirous of enjoying their champaign without its consequent evils, should always have at hand some efficient alkaline medicine, such as magnesia, prepared chalk, carbonate of potash, or soda, or spirit of hartshorn; any one of which, taken into the stomach, will neutralize the acid, and not only render it harmless, but will form with it a mild laxative salt, and gently open the bowels. The alkaline substance may even be put into the wine, but it will injure its tartness and piquancy by combining with the acid on which these depend.

Quackery of Crook-fingered Jack.

*Sur leurs trétaux montés ils rendent des oracles,
Prédisent le passé, font cent autres miracles.

Voltaire.

The following extraordinary bill was some time ago posted up at Cape Town, Cape of Good Hope :—

"Signior Pilferer *, a native of Bohemia, doctor in pyrotechny, professor of chiromancy, known in the English colonies by the name of *Crook-fingered Jack*, has arrived in this country, by the invitation of many persons of the first rank, and notifies to the public, that, after having visited all the academies of Europe, to perfect himself in the five vulgar sciences, namely, algebra, mineralogy, trigonometry, hydrodynamics, and astronomy, he has travelled over the whole civilized world, and even among semi-barbarous people, to initiate himself in the occult, mystic, and transcendent sciences, such as cabalistics, alchymy, necromancy, judicial astrology, divination, superstition, interpretation of dreams, and animal magnetism.

* We translate from the French, "Le Sieur *Pilferer*, natif de la Boheme, docteur en pyrotechnie, professeur de chiromancie, connu dans les colonies Anglaises, sous le non de *Croock-fingered Jack*," &c. &c.

"It was but a small affair for him to have studied in thirty-two universities, and to have travelled over sixty-five kingdoms, where he has consulted the sorcerers of the Mogul and the Samojed magicians. He has made other voyages round the world, to peruse the great book of nature, from the ice of the north even to the austral pole, and the burning deserts of the torrid zone. He has traversed the two hemispheres, and sojourned ten years in Asia, with the Saltimbanque Indians, who taught him the art of stilling tempests, and of saving himself from shipwreck, by gliding over the surface of the sea on elastic sabots.

"He brings from Tonquin and Cochin-China, talismans, and constellated mirrors, whence he can recognise thieves and foresee the future. He can lull asleep vampires, command hobgoblins, arrest spirits, and conjure all nocturnal spectres.

"He has learned among the Tartars of Thibet the secret of their great Dalai-Lama, which renders him immortal, not like Voltaire and Montgolfier, by the productions of genius, but in buying in Sweden the elixir of long life; at Strasburg, the powder of Cagliostro; at Hamburg, the portable gold of the great Adolphus Saint Germain; and at Stuttgard, the crutch of P. Barnabas, and the walking-stick of the wandering Jew, when he saw these two old men pass into the capital of Wurtemberg, the 11th of May, 1684.

"In making use of the ointment which the witch Canidia employed in preparing for the infernal orgies, he proves by multiplied experiments that a man can enter into the neck of a bottle, if it be sufficiently large.

"He advertises, besides, that he continues to cure the toothache, not like empirics, in breaking the jaw, but by a method as certain, and hitherto unheard of, which consists in cutting off the head; and to prove that this operation is not dangerous, and that it can, by the rules of art, be performed, *citò, tutè, et jucundè* [i. e. quickly, safely, and pleasantly]—he will behead many animals, and resuscitate them in a moment afterwards, according to the principles of P. Kircher, by Palingenesia.

"He is so strongly persuaded of the efficacy of his remedies for toothache, and for all diseases curable and incurable, that he fears not to promise an extraordinary sum to all patients, who, three months after the treatment, shall be in a state to complain.

"He sells, for ten guineas, the eyes of the weasel, enchased according to art in rings of semi-gold. It is well known, from Galen, Pliny, and Paracelsus, that this is a sovereign remedy against the Aiguilette:—

> "Si tu veux promptement dénouer l'aiguillette,
> "Porte à ton petit doigt l'œil droit d'une belette."

and so ends this singular farrago of absurdity.

Carving a Haunch of Venison.

It is one of the standing laws of amateurship, never to part with all the choice bits of the dish you are carving, before you help yourself. Should any body have the ill-breeding to infringe upon your right, you may give the following case, which will always rule the roast either in equity or common law. At a corporation dinner, a very prominent member of which was placed opposite to a noble haunch of venison that was in universal request. He carved it with an alacrity, and disposed of it with a degree of good humour that was truly magnanimous; until a sleek red faced gentleman in a bob wig, at the other end of the table, sent his plate a second time for another slice of fat; to which our friend, eyeing him with some disdain, replied, "Another slice of fat, Sir! hum!—pray Sir, do you suppose that a man is to take the trouble of carving such a joint as this and not retain a morsel for himself? Another slice of fat, indeed!—no sir!—there is but one slice left that is worth eating, and you cannot be so unconscionable as to expect it!" Whereupon he very composedly helped himself to what remained; and his conduct was, of course, generally applauded.

The Process of Braising Joints, Turkey, &c.

In the common mode of dressing animal food, either those particles which constitute the chief portion of its savour, evaporate on the spit as fruitlessly as the sighs of an absent lover; or their nutritive juices are drained into the pot with as little advantage to our stomachs as if they had been drawn into the vortex of the exchequer. To remedy these inconveniences, recourse is had to the *Braise*, which is performed thus: The bottom of a stew-pan is strewed with slices of bacon and of beef, chopped carrots, onions, celery, fine herbs, salt, pepper, mace, and allspice: upon this bed more fragrant than if it were of roses—is laid the joint or turkey, whch is the special object of your care; which is then covered over with a layer of the same materials, and the lid is carefully closed upon it. It is then placed in the chamber of the portable furnace or oven, and left to do, in a state of gentle perspiration, till it is enough. When at length taken up and dished with its sauce, we question whether the homage paid to the most admired beauty on her first presentation in the drawing-room, was ever half so ardent or sincere as that which it receives when it makes its entrée at the table. The most homely leg of mutton acquires, in this way,

a degree of refinement which fits it for the highest society; it may indeed be conjectured, that it cannot remain long in such intimate union with the piquant associates we have mentioned, without acquiring a certain portion of taste; and it strongly exemplifies the truth of that ancient adage—"tell me your company, and I will tell you your manners." Nor are these its only advantages; it imparts a certain yielding tenderness, peculiarly agreeable to those who begin to feel the effects of time or of toothache upon their masticatory powers.

Of *Braised Turkey*—which is done according to the above directions as first invented by the celebrated Monsieur le Gacque—it has been well said, that

"Turkey boil'd
Is Turkey spoil'd;
And Turkey roast
Is Turkey lost*;
But for Turkey brais'd
The Lord be praised."

How to make a Gallon of very fine Ginger Beer.

As a set off, by way of contrast to the rich royal beverage receipted in our last, we shall present our readers with a gallon measure of the finest ginger beer ever drank. It is not the cheapest we allow, in point of price—we shall come to that another time—but is by far the best. Get a gallon of fine soft water—rain water if carefully procured is the best, and put into it about two pounds of the best refined lump sugar; a couple of fresh lemons finely sliced; two ounces of the best fresh powdered ginger; and a dessert spoonful of cream of tartar. Let these simmer over the fire for half an hour, taking care not to let them boil. Then add a table spoonful of yeast, ferment it in the usual way, and bottle it for use. You will thus, with little trouble and at the expence of about three shillings, have a gallon of excellent and wholesome beer, which will strengthen the stomach, dispel wind in the bowels, and give new life to the constitution.

Chemical and Nutritious Principles of Vegetable Food.

The chemistry of vegetables, as at present received, refers all their nutritive properties to a very few elementary principles, which are only found abundant in fruits, grain, and esculent

* An exception is made in favour of roasted Turkey when stuffed with truffles.

roots, which have long been used as food. The chief of these nutritive principles—starch, gluten, sugar, oil, acids—will be most properly considered under separate heads.

1. Starch.

Starch is said by chemists to be the most nourishing of all vegetable principles; and substances, of course, will be nourishing in proportion to the quantity of starch which they contain. The grain which contains the greatest proportion of starch is rice; and accordingly rice is one of the most nourishing of vegetable substances. It is also abundant in wheat, from which indeed the starch of commerce is chiefly manufactured. It is found in smaller, though very considerable quantity in barley, rye, oats, maze, millet, peas, beans, chesnuts, and in the potatoe. It is chiefly owing to starch, that gruel and flummery, or sowans, are so nourishing; and it is pretty generally known that the powder sold under the name of arrow-root is composed chiefly of potatoe starch. It would be fortunate for the public were all adulterations equally harmless. Potatoe starch, indeed, is perhaps equal to the genuine arrow-root, as it is much more rich than the starch prepared from wheat*. Sago is a species of starch procured in the East from several species of the palm. It is unfortunate that it cannot be procured white, the grey colour being quite artificial, and acquired during the process of drying by artificial heat. Salep and tapioca are also nearly pure starch: their nourishing properties are well known.

Starch is not found, or at least its quantity must be very small, in turnips, carrots, parsnips, broccoli, celery, nor in fruits, with the exception, perhaps, of filberts, cocoa-nuts, and a few others, whose farinaceous matter is partly composed of starch.

2. Gluten.

As a separate substance, this is not so well known as starch, though it is of great importance in nutrition; for, without it, bread could not be made light and spongy. Gluten, when separated from paste by washing, is a ropy, viscid, and elastic substance, which may be drawn out to a great length. The nutritive properties of gluten do not rank so high as those of starch, but as it is usually present along with starch, it probably renders the latter more light and easy of digestion. It is contained in the greatest quantity in wheat, and renders it, in consequence, the best substance from which bread can be made. It is also found in rice, barley, rye, peas, beans, chesnuts, apples, and

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* Thomson's Chemistry, Vol. IV. p. 77, 6th edition.

quinces. Proust could find no gluten in the potatoe*; and hence it is, perhaps, that bread cannot be made from potatoes without the addition of wheat flour, or a large portion of yeast, which Dr. Thomson found to contain gluten.

3. Sugar.

This well known substance is probably not so nourishing as the two last; but it is almost the only nutritive principle in many fruits, and other vegetable productions. The slaves in the West Indies become always fat during the cane harvest, when they eat great quantities of the green juicy canes; and the same takes place in the East. It is likely, we think, that sugar may oftener be the cause of corpulence than many imagine. A case of great corpulence has lately been published in the *Medical Repository*, in which the patient, a lady, daily ate a large quantity of the best lump sugar. It is not known whether she was cured. Mr. Stark, in the course of experimenting, tried to live upon sugar, and took from ten to twenty ounces a day, for a month, with only a very little bread and water. He had reason to repent of his experiment; for after a short time, great weakness, and general sickness and oppression, with swelling of the gums and lips, and dark spots upon the skin began to appear, and he lost three pounds in weight. This shows that sugar, by itself, is not sufficient for the continued support of life, and that, however nourishing it may be, it requires other things to be conjoined with it.

Though sugar, therefore, is very nutritive, it appears that it may be abused; and it is probable that this has excited the prejudices which still prevail against its use. These prejudices may be partly traced to the popular outcry which Dr. Willis raised about a hundred years ago, declaring that "it contained within its particles a secret acid—a dangerous sharpness—which caused scurvies, consumptions, and other dangerous diseases;" for though Dr. Slare answered him, in a pamphlet dedicated "to the Ladies," and entitled "A Vindication of Sugars," he seems to have had but little influence in checking the current of opinion. It is one of the same prejudices, now given up, that sugar injures the teeth †. The author of this paper can state from his own experience, that he has always used a considerable quantity of sugar and yet he never had toothache, nor any disease of the teeth in consequence. In refuting prejudices, however, we should beware of falling into the common error of running into

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* Journal de Physique. 56.

† Thomson's Chemistry, Vol. IV.

the opposite extreme. In a recent popular work we find the author going so far as to recommend an unlimited quantity of sugar to be given to children, and stating "that it can do no harm, by the impossibility of producing indigestion by plain sugar *," which is clearly contrary to universal experience.

The recent experiments of M. Magendie, have led the French physicians to the conclusion that sugar possesses no nutritive properties whatever, and though it is easily digested, the chyle formed from it is incapable of sustaining life beyond a few days †. M. Magendie's experiments were made upon dogs, and he found that when confined to live wholly upon sugar, they died in about thirty or forty days. We refuse however to admit the inference; for sugar is not the natural food of dogs, no more than it is of frogs and pigeons, on which it acts as a poison.

It is worth remarking, that pure sugar is not so sweet as that which is less pure. This arises from their being two sorts of sugar, the liquid and the crystallizable, always more or less united. Of the liquid we have an example in molasses, which are well known to be sweeter than lump sugar or sugar-candy ‡.

Besides the prepared sugar so universally used, it exists in all sweet fruits, and other vegetable substances, such as figs, dates, raisins, prunes, apricots, peaches, strawberries, rasps, mulberries, pears, apples, melons, &c. The carrot, the turnip, and the beet, contain a large portion of sugar. Honey, is very nearly allied to sugar, but is more laxative. Liquorice, is also of the same family, and of course is nutritive, according to the best established opinions.

4. Gum and Mucilage.

The best known example of gum is gum-arabic, which exudes spontaneously from several shrubs in warm climates. Pure gum is without colour, but it is most usually found tinged with other vegetable juices. The distinction between this and mucilage is, in a dietetic point of view, of very little moment. The experiments of Magendie would lead us to believe that gum is not nutritive; but we have facts no less decisive that it is. Bruce § tells us that the Caravan from Abyssinia to Cairo, when their provisions are exhausted, frequently live for days together on gum-arabic. The Moors also of Lybia and Senegal use it for food. Linnæus gives one instance of more than a hundred men who lived wholly upon it during a siege of two months.

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* Advice to Young Mothers, by a Grandmother. Page 267.
† M. Hostan, Hygeiéne.
‡ Macculloch on Wine.
§ Travels, Vol. III.

But notwithstanding these facts in its favour, we must allow that gum is but very slightly nutritive.

Mucilage is much akin to gum, and is more abundant in the ordinary vegetables brought to our table—such as carrots, parsnips, beet, turnips, asparagus, cabbage, spinage, lettuce, artichokes, cucumbers, and green peas.

5. Vegetable Oils.

All oily substances require strong powers of digestion to reduce them to chyle, and even when thus reduced, M. Magendie * found that it was in a less digested state than what was formed from other substances. Besides the oil used for salads, and in some parts of Europe for dressing vegetables, it is contained in a large proportion in olives and all sorts of nuts, and of course renders them difficult of digestion.

6. Vegetable Acids.

There are reckoned at present among chemists upwards of twenty vegetable acids, though but few of these are met with in common articles of vegetable food. They appear to be more refreshing to the system than affording much real nourishment, which when it is observed to take place, may perhaps be more justly referred to the other principles with which it is combined. For example in the orange and apple, the acid is combined with sugar and mucilage; and in sowans or flummery, and starch-makers' water, in which it is combined with starch and gluten †.

7. Woody Fibre.

This is one of the principles which forms as it were the basis of most vegetable substances, but it is very doubtful, we think, whether it produces any nourishment; we are disposed at least to look upon it as very hard of digestion, and scarcely worth the trouble to which it must subject the stomach.

The Medical Quaker,

> Who, making sanctity the cloak of sin,
> Laugh'd at the fools on whose credulity
> He fattened. — Southey's Roderick.

Well, it is a strange world! Deception seems to be the order of the day in both hemispheres, and the ignorant and the wise are alike eager to run their heads into the noose. It is easy enough, as Virgil has it, to get into the shades *(facilis descensus*

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* Précis Element. Physiolog. Tome 2.

† Dr. Thomson observes, that hogs are fond of the starch-makers' sour water, and fatten upon it.—*Chemistry*. Vol. IV. 78.

Avernis); the difficulty is to get out again; and when once a person is gulled, he will not open his eyes, much less give his assistance in opening the eyes of others, lest he should be covered with shame for his own folly*. This it is, that is the main ground-work on which quackery builds its foundation, and whether it take the form of pills, syrups, and tinctures, or of high pretensions to inspiration or experience, it becomes, like power, an instrument of its own propagation. The contagion of quackery also is very catching: and as trapped birds are used to lure others to the snare of the fowler, so is one gull, employed by the medical empiric to bring others to his "Hall" and his "Board." Thus thought and reasoned a long-faced, spare-boned, Quaker—("let no such man be trusted,") who finding his affairs likely to be unprosperous, betook himself, like Lignum, and the two Jews, Daniels and Friedeberg, P.N.R. to the avocation of a professed quack. For this purpose he had a hut built for himself in a wood in New England, at a great distance from any cleared or inhabited land, and had it noised abroad by proper agents, that he had the means of curing all diseases, by simply pronouncing that they would be cured.

His manner was to take his seat at a rustic table, on which lay several large folio books, full of the flummery nonsense of secret marks and magical writing. When a patient, or the friend of a patient at a distance (for he cured by proxy as well as in the principals), was introduced to the sanctum sanctorum, the Quaker, without asking a single question, or scarcely looking at the person, turned over his books, and writing by turns, and by turns raising his eyes to heaven, as if engaged in profound devotion, for the benefit of the person consulting him, at last pronounced the prophecy, that the disease would *(if it pleased Providence)* be speedily cured. Such was the whole ceremony of the hut. He took no money, nor received any present; and, as he was reported to live solely on wild roots and spring water, he was supposed to be so totally absorbed in philanthropy and heavenly meditation, as to be quite careless of worldly wealth and corporeal enjoyment.

Thus it appeared, indeed, to the unprying and unthinking crowds who flocked to the medical hermit, from all parts of

* A wag of a groom was once sent to a village fair with an old mare to sell; but thinking his goods not very marketable in the regular way of the business, he hired a stable, and proclaimed at the door, "A wonderful wonder to be seen, the eighth wonder of the world! an old mare's tail where her head should have been!" hundreds paid their sixpences, and went in to see the poor mare tied to the stall by the tail; though no one, for very shame, chose to say, on coming out, that he had been gulled; and the groom made a good sum by the trick.

America, and even, it is said, from Europe. Others, however, there were who had penetration enough to see a wheel within a wheel, and to discover that this world-despising water-drinker, who would not touch a dollar even for the cure of the President of the United States, was making a rapid fortune by his quackery. The scheme was most shrewdly contrived, and shewed more than a Shakspearean insight into human nature. The remote and lonely situation of his hut made it desirable for his patients to have some accommodation in the vicinity, particularly as the philanthropist was either so busy, or pretended to be so, that a week or two often elapsed, after their arrival, before some patients could see him. "On this point he spake," and agreed with a relation to set up an inn in the woods, fleece the guests, and divide the spoil. In a few years this knavish confederacy accumulated a large sum of money, and for aught known to the contrary by the writer of this, continue the humbug till this day.

One of our committee suggests, that the New England Quack might not in reality belong to the highly respectable body of Friends; but might assume their language and dress to obtain credit. It is a well known *ruse de guerre* in London, for Physicians, Schoolmasters, and others to do this. Some persons of this cast we know and could name, who date and write all their country letters of business, according to the phraseology of the Friends, without taking the trouble to impose on their town connections, by changing their hats, coats, and personal pronouns.

We shall suffer no such impositions to exist in these kingdoms, without the most complete exposure of the quackery; and, if after such exposures, *our readers* are imposed upon by the Jordan's Whitlaw's and Gosses, we are certainly not answerable for their being hoaxed out of their money.

The Chemical Principles of Easy Shaving.

Chemistry has of late years produced most marvellous effects on all our domestic affairs, and is certainly well fitted, when it becomes further diffused among the middle ranks, to produce many more. We begin now to philosophize upon every thing that interests us in common life, and to inquire into causes and effects, with a view to the useful and the practical, rather than for the sake, as was formerly done, of showing our learning. We philosophize upon the conveniences and the inconveniences of every fashion as it arises; of every proposal for increasing our personal or domestic comfort; or for diminishing our family

or personal expenses. This is creditable to the age. It is no longer looked upon as mean to be economical; or selfish to take means for procuring comfort; or pedantic to be scientific in every thing. A few years ago, it would have been considered as a gross misdemeanor, for a man of science to inquire into the art of shaving, or to have suggested any thing to improve it; but now, if we are not greatly mistaken, it would immortalize the most celebrated philosopher to make any useful or important discovery in the art, or to establish it on scientific principles. Till some great man perform this task of usefulness, we shall contribute such scientific hints as have occurred to ourselves.

The first thing necessary to be done, in order to render the hair of the beard easy to be cut, is to make it hard, crisp, and brittle; for you may as well think of cutting moist paper smoothly with a pair of scissors, as of shaving your beard while the hair is soft and oily. But it is the chemical nature of all hair to be more or less oily, as oil forms one of its main ingredients, which is readily seen on burning it, and this is further augmented by the greasy secretions from the skin. Were you to shave dry, or with plain water, therefore, the razor would either slip over the soft, oily hair without cutting it at all, or would only enter it about half way, and instead of cutting directly through it, would bend the hair and slice it in the length, and in this manner dragging it outwards from the root, would cause a similar pain to that of pulling off the skin. When the razor is thus employed in slicing and pulling two or three hundred hairs at once, the operation must have all the characters of literally flaying alive. The longer the beard has been suffered to grow, the longer, of course, will be the slice of the hair, and the greater the pain. It is upon this principle, indeed, that the whole science of easy shaving is founded.

The best means hitherto discovered for rendering the beard crisp and brittle, without injury to the skin, is the application of an alkali, which combines with the oil of the hair and leaves only its hard fibre. Alkalis, however, in order to be fitted for shaving, must first be confined with some sort of oil, such as olive oil, otherwise they would be too strong and would injure the skin. About 60 parts of soda; 60 of olive oil; and 30 of water, is the composition of the best Spanish soap. Those who prefer the "Essence Royale pour faire la Barbe," or

SHAVING LIQUID,

may prepare it for themselves, 200 per cent. cheaper than they can buy it, by dissolving a quantity of the best Spanish soap in spirits of wine, or any common spirit, when the liquid will be

formed of a fine transparency, and of a somewhat gelatinous consistence.

Transparent Soap

Is made by slowly and carefully evaporating this solution, which will leave a beautiful mass of pure soap, that may be used in the same way as other soap. It is not indeed so cheap, but it pleases the fancy of some better than articles procured at less expense. The more creamy the lather is, and the less watery and frothy, the better; as in that case the alkali is in a more fit state for crisping the beard, and this can only be done with very hot water.

The fineness of the edge of a razor is by most people injured or destroyed by the use of strops, so that they never can shave with any ease or comfort. The hone or razor stone ought to be kept constantly moist with oil. Soap, once proposed for giving a fine edge, is not so good as oil. When the razor has been finely honed, it should never be suffered to touch any thing but

The Cheapest and best Razor Strop ever invented.

This is not a piece of calf's leather, prepared with paste or emery powder; nor any other composition, however celebrated by patent or otherwise, to roughen and hack the edge of the razor, and make it about equally fit for shaving as a butcher's knife, or a carpenter's hatchet. The best strop ever invented is the Hand, moistened with its natural oil—a strop which will fine the edge of your razor beyond conception; if you are careful to let it touch nothing else except the hone. To obtain the full advantage of it, however, it will be necessary not to be sparing of your labour, but to give the razor as many strokes on both sides of its edge, as Dr. Kitchener gives of munches to his mutton, when he prepares it "for its journey down the red lane,"—namely, "30 or 40 *." This we hope will lead many to use their hands, save their purses, and make the finest possible edge on their razors.

On Salads, and the way of Dressing them.

A learned Italian, named Massonio, wrote a work of a hundred sheets, on the way of dressing salads: our readers cannot, therefore, suppose that we can go deep into the art, in one brief

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* Peptic Precepts, p. 295, 4th edit. The learned doctor has had this, like many of his other good things, from the French; "Qu'il faut trente-deux coups de machoire pour qu'une aliment solide soit assez bien triture."—*Almanach des Gourmands*, Tome III. p. 249.

paper. As it is a subject of much consequence, however, we shall take care to keep it in view; and before we have completed our engagements to the public, to give all the cream of Massonio's work, with the more scientific discoveries of the present enlightened period. The importance of a fine salad may be estimated, perhaps, by the fact, that a Frenchman in London, not many years ago, undertook to *dress* salads at half a guinea each, the materials being furnished him !!!

> All sciences a starving Monsieur knows;
> And bid him go to **** —to **** he goes.
>
> DR. JOHNSON'S *London.*

The human stomach, however, it appears, is but ill adapted for the digestion of raw vegetables; and, accordingly, we find that the introduction of salads is, with few exceptions—such as that of the Laplanders eating raw turnips—a refinement of an advanced state of society in luxury and pampering*. In a nutritive point of view, salads rank very low; but when not indulged in too copiously, they are light and cooling, from their containing so much water and fresh vegetable juices.

Lettuce, in its several varieties seems—though so cheap and common—to rank at the head of salad vegetables. It is not, we believe, generally known out of the medical profession, that lettuce contains a narcotic principle, which, when abundant, acts much like opium, producing drowsiness, stupor, and sleep. It has been supposed, that this renders lettuce more light and easy of digestion than cress and other salads, though we are more inclined to think that this depends on the mild bitter of the lettuce. *Celery*, when well blanched and nutty, is one of the best salads for weak stomachs, though its peculiar aroma makes it disagree with some constitutions. When eaten in quantity, it is apt to be cold on the stomach. *Cress* and *Mustard* abound in a sharp, acrid juice, which gives them an agreeable pungency, supposed to be a powerful corrective of scorbutic affections, though this seems to be one of the very questionable doctrines of the medical system, known by the name of the Humoral Pathology.—Other salad vegetables shall be taken up afterwards.

As salads, from the crudeness of the vegetables, are very apt to run into fermentation in the stomach, it is requisite to accompany them with something stimulant, such as wine, in order

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* We question the correctness of Lucretius, when he says—

> Quæ sol atque imbres dederant, quod terra crearet
> Sponte sua, satis ad placabat pectora donum.—*De Nat. Rerum.*

Does he mean to say that the Greeks ate grass?

to hasten their digestion, by prompting the stomach. Chemistry would suggest accompanying them with some alkali, though it has on the contrary been usual to dress them with oil and vinegar. It is one of the great desiderata, indeed, of cookery to discover some palatable alkali for taking up acid as soon as it forms in the stomach. Till this discovery is made, we would caution our readers against the system of dressing salads with vinegar, unless accompanied with a double portion of good old wine. The oil used, often proves a good laxative, and in this point of view, may prove medicinal to those who relish salads dressed with oil. Though we do not approve of this so far as digestion is concerned, we shall notwithstanding, in due time, give the proper receipts and directions, were it for nothing more than the economizing of half guineas to pretending Frenchmen.

Longman and Co.'s Grandmother, and Dr. Mason Good.

A person who calls him or herself a grandmother, has got Longman and Co. to publish a book under the title of Advice to young Mothers, containing such very erroneous and dangerous notions, that we hold it a duty to such of our Family readers, as may have the book, to denounce its principles. A single extract will show, that it is the very worst book on some points, which could fall into the hands of a young mother. Hear how the old gossip talks :—

"The common expression, is she safe yet? to demand whether the after-birth has been expelled, clearly shows the vulgar opinion on this subject; *i. e.* that the woman is in danger of dying while it is retained. It is unnecessary to point out what must be the situation of a woman impressed with this idea, as long as this substance remains within her, which, if left to nature, it would often do for several hours *(or perhaps even days) without any injury, but the contrary.*" "But this is one of the many cases, in which every old gossip thinks she has a right to give her opinion and advice. Constitutions differ so much, that there can be no general rule to judge by. To one woman, it may be natural to expel the after-birth in five minutes, to another in five hours, after the birth of the child."

As a contrast to these dangerous principles of this "old gossip" who "thinks she has a right to give her opinion and advice to young mothers," we shall give the opinion of a very learned physician—Dr. John Mason Good, who has lately published a most extensive work on the Study of Medicine. Dr. Good says that great mischief follows this quietism; for in cases of great exhaustion there is frequently not strength to expel the after-

birth, which not only keeps the patient in a feverish irritation, but becoming partly detached, it putrifies and produces a fœtid smell in the chamber, sufficient of itself to render the patient sick, if not to produce typhus fever itself. Dr. Good was lately consulted in a case of this kind, in which, after a severe labour of two or three days, the patient had been delivered by instruments, and afterwards had remained a long while insensible. For three days she had no after pains, and when Dr. Good saw her, she was hot with fever, and had some delirium. The room was insupportable from its stench, notwithstanding all the pains taken to maintain cleanliness, and to cover the fœtid smell by pungent odours. He strongly advised the extraction of the after-birth, but was told it had already mortified, and that the patient would die, while the surgeon would be accused of killing her. As she would, however, have infallibly died were it not removed, Dr. Good persisted in urging it as the only chance of her life; and as none of the other three practitioners who were present would undertake it, Dr. Good, though not an accoucheur, offered to do it himself. This inspired the rest: the operation was gone through; the woman got well, and is now in good health *.

After this exposure, we think no young mother will put much faith in the advice of Longman and Co.'s Grandmother, unless it be fortified by more sound and judicious opinions.

Black Reviver, for Renewing Worn Clothes.

In the shops of various chemists and oil-men, is sold a liquid under various names for the renewal of the colour of black, or dark blue clothes. We have examined several of these, and find the basis of them to be precisely the same as common ink, without the gum, for the most part used to give ink a shining appearance. In order to renew clothes, they must be thoroughly cleaned of all dust and grease, by being well beat and brushed, and the grease spots removed by a little turpentine, the smell of which may be destroyed by a little essence of lemon. The black liquid may be made by boiling a few chips of logwood in a small quantity of water, and sponging it over the parts to be revived; or you may take a strong infusion of galls or even strong black tea, and a solution of copperas, green vitriol, or sulphate of iron, and either moisten those parts separately, or mix the liquids in a phial, when they will become black as ink. It is to be remarked, that it is only rustiness, or black become brownish, that this revives well; the white glaze which the blue or black acquire, will only be removed for a day or two.

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* Dr. Good's Study of Medicine, Vol. IV. p. 241.

How to make Dinner Pills.

Those who wish to be economical in the purchase of laxative medicine may make what are called Dinner Pills at a very small expense, by buying the following materials of a chemist, and making them up themselves.

Take six drachms of the best aloes;
two drachms of mastiche, and the same of red roses,
and a sufficient portion of syrup of wormwood,
to make a paste.

Divide this into pills of three grains each.

One of these pills may be taken at bed-time, or some time before dinner, and they will be very efficacious in unloading the bowels.

Chemical Analysis of Butter, By M. Chevreul.

M. Chevreul has lately subjected the butter of cows' milk to examination, and finds that 100 parts of fresh butter consists of

Pure butter	83. 75
Butter Milk	16. 25

From numerous experiments, M. Chevreul concludes, that there exists in the oil of butter at least two fluid substances, one of which is soluble in all proportions, in cold alcohol. It does not possess acrid properties, and gives by saponification some sweet chemical principle, butiric, caproic, capric, margaric, and oleic acids. M. Chevreul has given this oil the name of *buterin*, because it contains the butiric acid (or its elements) to which butter owes its odour. The other fluid substance has the properties of oleic *.

To make Cottage Beer.

Take a quarter of a peck of good sweet wheat bran, and put it into ten gallons of water, with three handfuls of white Mathon hops. Boil the whole together, in a pot or copper, until the bran and hops sink to the bottom. Then strain it through a hair-sieve, or a thin sheet, into a cooler, and when it is about luke-warm, add two quarts of molasses, or three pints of very thick treacle. As soon as the molasses or treacle is melted, pour the whole into a nine gallon cask, with two table spoonfuls of yeast. When the fermentation has subsided, bung up the cask, and in four days it will be fit for use.

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* Annales de Chemie et de Physique.

THE

FAMILY ORACLE

OF

HEALTH, DOMESTIC ECONOMY, MEDICINE, AND GOOD LIVING.

FOR OCTOBER, 1823.

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Diseases of October, and the best Means of Escaping them.

The fluxes, cholera morbus, and other bowel complaints of September, caused by the superabundance of stone fruit, and the great variation of temperature in the day and the night, give place, in October, to diseases of a very different species. In this month the coldness of the air often increases so much as to give an unwelcome prelude to the frosts of Christmas; and with the increase of cold comes the fury of the equinoctial storms, which strip the trees of their leaves, and deluge the country with unwholesome rains. All these circumstances are unfavourable to health, and in proportion as the constitution is enfeebled by previous disorders, will rouse the lurking distempers into activity, and, unless guarded against, will often endanger life itself. A person, for instance, weakened by a bowel complaint in the preceding September, who exposes himself to the cold or the wet of October, will almost infallibly have inflammation produced in some debilitated organ, which may terminate fatally. If the liver has been deranged by previous disease, it will probably become the seat of the inflammation; if the lungs are weak, the inflammation will probably make its attack there, and bring with it cough, expectoration, and perhaps incurable consumption.

The superabundant moisture of October is greatly more injurious to health than the same proportion would be in the spring months; for the immense mass of leaves and vegetable matter in a state of decay and putrefaction, fills every river and spring with noxious matter, and even the air is filled with putrid vegetable exhalations and effluvia, which are carried down again by the rains and dews, and mingled with our food and absorbed by our clothes. We state these circumstances broadly for the sake of invalids, and those whose constitutions require great care. The robust and healthy are, of course, but little affected by them; but the most robust are not exempt from fevers and inflammations, and if they are accidentally weakened by any of these, we caution them to beware of the putrid waters and unwholesome moisture of October. Their very linen, when washed, will retain a portion of the decayed vegetable matter of the water, which no drying will dissipate, and to an invalid may prove hurtful, though a healthy person may be too strong to be affected by it.

Bleeding and Purging at the Fall of the Leaf,

Which was very commonly practised among all ranks not many years ago, as absolutely necessary for ensuring the winter's health, has given place, we fear, pretty generally, to a very cul

pable indifference. We should be the last to recommend the practice of indiscriminate bleeding or purging at particular seasons, whether it were required for individuals or not; but for all those who are weakly and liable to disease, some means ought to be adopted to guard against its attacks or aggravation at this season of change of temperature, superabundance of moisture, and prevalence of vegetable putridity. To prove the poisonous effects of putrid vegetable matter, M. Gaspard prepared some by steeping cabbage leaves in water till they made a fœtid liquid. He injected two ounces of this liquid into the jugular vein of a strong dog, which immediately vomited, and soon had all the symptoms of high inflammation of the lungs; the stools became fœtid, black, and bloody. It died on the fifth day, of putrid fever. Such, more or less, must be the effect of putrid vegetable matter taken into the system; and as it is so very abundant in October, even in the air which we breathe, that it is impossible to avoid it altogether: the bowels should be cleared by some mild laxative; purgatives are in most cases too strong, and apt to do harm, and therefore we denounce all advertised and quack purgatives. The following are good medicines for this purpose:—

Take two drachms of Epsom salts;
one ounce of infusion of senna;
and six drops of laudanum.

Mix for a draught; to which you may add, to make it more palatable, a bit of sugar and a slice of lemon peel, or some powdered ginger.

Or,

Take two drachms of sub-carbonate of soda in crystals;
a drachm and a half of cream of tartar;
and five ounces of pure water:

Let it stand in a corked bottle for three days, when it will be fit for use; a wine glassful to be repeated as occasion requires.

Or,

Take one drachm of the best powdered rhubarb;
half a drachm of common syrup;
and five drops of oil of carraway:

Make into twenty pills: from one to three for a dose, according to the strength of the patient's bowels.

Bleeding, we should most certainly not recommend, unless when inflammation had actually made its appearance. Indiscriminate bleeding at the fall of the leaf, or any other season, is more likely to do harm than good. But,

To prevent or escape Declines at the Fall of the Leaf,

The temperature of the air is to be guarded against as much as putrid vegetable exhalations. The increased cold, and particularly the great prevalence of moisture, must be carefully

warded off by the weak and delicate with additional clothing, such as warm flannel slips, and drawers; with cotton and silk stockings of the previous months for worsted, lamb's wool, or fleecy hosiery; and above all, those who are predisposed to consumption, and liable to colds, ought to beware of exposing themselves to the keen moist air of the morning, or the unwholesome chills of the evening and night, and never venture abroad except in the warmer hours of the day. The bed-clothes ought also to be increased with the increasing cold; for the diminished heat of the body during sleep renders it more obnoxious to the cold of the night air. The throat and ears ought also to be well defended during sleep: the head is in no danger though it be uncovered altogether. The feet of the weak should be most carefully guarded against damp; and even when the perspiration has been copious, either from weakness or walking, the stockings ought to be instantly changed for dry ones; for so great is the sympathy between the feet and the upper parts of the body, that cold or moisture coming through the shoes will rapidly produce coughs, hoarseness, inflammation of the lungs, running at the nose, violent headache, fits of toothache, and the like. These precautions are more necessary in October than even in the succeeding months; for the previous warm weather having relaxed the system, it is less able to bear the change than when it has been braced, and in some measure habituated by the continuance of cold weather.

We should also strongly recommend it to mothers who have weakly children, or among whose relations consumption has been prevalent, to cover the bosoms and necks of their children, and more particularly their feet, whenever they may be exposed to cold or damp. For strong healthy children this will not be so requisite, and might even give them habits of effeminacy; but it is of great importance where consumption is dreaded, to prevent its seeds taking root in the lungs.

It is the nature of October inflammations to make their chief attacks upon the substance of the lungs, rather than on the membranes which line the chest, as in spring, when pleurisy prevails. In October, therefore, there is seldom pain in the side, or stitch, accompanying coughs and inflammations. The coughs, instead of being dry and hard, are hoarse and barking; and expectoration of a pasty, glutinous matter comes on early after the attack. The fever is also less violent than in spring, and of course there is less need of copious bleeding.

When hoarseness, influenza, sneezing colds, or spasmodic coughs make their appearance, the first thing to be done is to subdue the inflammation by diminishing the diet, and

taking cooling purgatives, for which purpose a double dose of one or other of the above prescriptions will answer in most cases very well. Weak broths and gruels should be used instead of chops, steaks, roast meat, and heavy pastry. An inflammation of the lungs may by these means be starved and nipped in the bud, which might otherwise have ended in a fatal decline. The means are simple, and yet how often do we see dangerous prejudices coming in to thwart the dictates of a rational practice, and plunge the deluded invalid into a hopeless and incurable consumption.—At present we have not space to be more copious, but shall soon resume the subject.

Practical Plans of Family Expenses and Economy, or the Means of Enjoying the greatest Comfort at the least Cost; with Remarks on the Evils of Credit, and the Advantages of Cash.

> Who does the best his circumstance allows,
> Does well—acts nobly—Angels could not more.
>
> Young's *Night Thoughts.*

Those who are not in the habit of squaring their outlay to their income by keeping regular accounts, and by laying down a rigid estimate of what they can afford to spend, for obtaining necessaries and comforts within their reach, are not aware how much they must infallibly lose in the enjoyment of life, and in case of mind. A very small income, laid out according to a regular estimate, will procure more real comfort and daily enjoyment than the double of it expended at random, and as the fancy of the moment suggests. Those who have a fixed income ought, therefore, to parcel it carefully out, according to some judicious estimate, framed suitable to their taste for the several articles of necessity and comfort. This, if executed with prudence, and firmly followed up, would be the most certain guarantee of arriving at independence, even in the humblest sphere; while, without this, the highest income will melt insensibly away.

We shall give one strong instance of this, as an illustration:—Those who have but a small, though a regular income, and who expend it at random as caprice or necessity suggests, soon come to feel the want of ready money for some indispensable article of food or clothing, and are accordingly forced to procure it on credit, or to want it altogether. Now tradesmen and shopkeepers, when they deal with you on credit, are obliged, for their own protection against bad debts, or lying long out of their money, to put a high price on their goods; and of course, when you buy

in this way, it is always at rack price. Not only so, but you must deal exclusively with the tradesmen from whom you can procure credit; and as they are aware of this, they serve you with the worst and unsaleable articles in their shops, reserving the best for their ready-money customers. You have thus not only bad articles, but pay higher for them than you would for the best, if you had your ready money in your hand. Your income will, by these means, be reduced to many pounds below the sum which you actually receive; for a good part of it must be paid away in a high per-centage to the shopkeepers and tradesmen with whom you deal on credit.

Taking the low estimate of 10 per cent. (though in reality it is oftener 15 or 20), a man who has a pound a-week must, on the credit system, pay away two shillings of it in per-centage, which will reduce it to eighteen shillings a-week: in many cases it will reduce it to seventeen, and even sixteen shillings a-week. A man with £300 a-year must, on the credit system, be reduced to £270, that is, he must pay about 11s. 6d. a-week for per-centage, a sum which would go far to pay his rent. If the per-centage be 15 or 20, as is not unusual, his income would be reduced from £300 to £255, or £240 a-year, or a fifth of the whole sum.

This, we hope, will give our readers, who have not already considered the matter, a clear view of the folly of dealing on credit, and the great advantage of paying every thing that comes into their families in ready money. Were it nothing more than the feeling of independence which it brings with it, ready money payment is worth all the little trouble, and caution, and foresight necessary for keeping it up in cases of small income. On the credit system, you must cringe and sneak, and continue to deal with those who are serving you with their worst goods at the highest prices, and you must suffer abundance of low insolence and all the uncomfortable fears of being dunned, or the miseries of actual dunning, when you have not a shilling, and know not when you may have one which you can call your own.

The following plans are part of an extensive series, which we shall continue in due order, with all the improvements daily suggested to us by our friends and numerous correspondents. In order to make them extensively useful as *Practical Plans of Economy*, we shall adapt them to all ranks of society, according to our title; and as contrast is a powerful means of awakening attention, we shall set off our Economists, by giving also the plans, if they may be called so, of the careless and prodigal who have similar incomes.

Weekly Plan of Family Economy, No. I.

For a Man who has a Guinea a Week, and a Wife and two Children, and pays all Ready Money.

	£.	s.	d.
Amusements, being country excursions, merry-makings, &c.	0	1	0
Baker, for bread, flour and bakings	0	4	0
Brewer, for table beer, being half a 4½ gallon cask	0	1	3
Butcher, for beef, mutton, &c. averaged at	0	3	0
Chandler, for candles, soap, starch, &c.	0	0	6
Cheesemonger, for butter, cheese, bacon, and eggs	0	1	3
Chemist, for medicine occasionally, averaged at	0	0	2
Coal-merchant, for coal, coke, and wood	0	10	0
Green-grocer, for vegetables, fruit, &c.	0	1	0
Grocer, for rice, sugar, tea, salt, pepper, &c.	0	1	6
Haberdasher, &c. for clothes, &c.	0	2	6
Landlord, for rent of house or rooms	0	1	6
Milkman	0	0	6
Sundries, incidental, averaged at	0	1	0
	£1	1	0

Clear of all debt.

When any saving is made, it must be abstracted from the superfluities of tea, butter, &c., which contain little or no nourishment, and may be dispensed with. If more is given for rent, or any other item, that additional sum must be taken from some of the others, where it can be best spared.

Contrast to the preceding Plan,

By a Man who had a Guinea a Week, and a Wife, with no Children, and purchased on Credit.

	One Week. £.	s.	d.	Another Week. £.	s.	d.
Amusements, being theatre, club, pot-house	0	5	0	0	2	0
Apothecary, for draughts, pills, &c.	0	2	6	0	5	0
Baker, as above	0	3	0	0	3	0
Butcher, as above	0	2	6	refused cred.		
Chandler, as above	0	0	6	0	0	6
Cheesemonger, as above	0	1	0			
Coal-merchant, as above	0	2	0	0	2	0
Green-grocer, as above	0	1	6	0	2	0
Grocer, as above	0	2	0	0	5	0
Haberdasher, &c. as above	0	5	0	refused cred.		
Landlord, as above	0	1	6	goods distrd.		
Licensed Victualler, for porter, gin, &c.	0	3	0	refused cred.		
Milkman, as above	0	0	6	0	0	6
Pawnbroker, for interest at 20 per cent.	0	2	0			
Sundries, as above	0	3	0	0	1	0
	1	15	6	1	1	0
Income	1	1	0			
Run in debt, in one week	0	14	6	Impris. for dt.		

The events of these two cases ought, we think, to rouse those who never thought of the folly of random expenditure, to some consideration. We are sorry that the latter case of running heedlessly in debt, is far from being rare; though we also know that the care and caution exemplified in our economical ready money plan, is rapidly increasing with the increasing intelligence of the people.

Weekly Plan of Family Economy, No. II.

For a Gentleman having 300l. a year, and a wife, one child, and two maid-servants, who pays all ready money, and saves about 25l. annually.

	£.	s.	d.
Amusements, excursions, books, music, parties, &c.	0	4	0
Apothecary	0	1	0
Baker	0	5	0
Brewer and Wine merchant	0	9	0
Butcher	0	9	0
Chandler	0	2	6
Cheesemonger, for butter, cheese, hams, &c.	0	4	6
Coal-merchant	0	4	0
Fishmonger	0	5	0
Green-grocer, for vegetables and fruit	0	4	0
Grocer, for tea, coffee, sugar, and spices	0	11	0
Italian warehouse, for pickles, tongues, &c.	0	1	0
Haberdasher, Tailor, Shoemaker, &c.	0	18	0
Landlord, for rent, taxes, &c.	0	14	0
Milkman, for milk and cream	0	2	0
Servants	0	7	0
Sundries, being charity, breakage, incidents	0	5	0
Weekly expenditure	£5	6	0
Annual expenditure	275	12	0
Annual saving	24	8	0

There are few gentlemen, we are aware, who may choose to conform exactly to this estimate, as some may choose to diminish or dispense with one item, or to increase another. It is the principle, however, which we contend for, and not the items: for these must always bear some such proportion as we have now given, to an income of the same amount, or debt must be incurred, without the possibility (if the income is not proportionably increased) of meeting its demands.

Weekly Plan of Family Economy, No. III.

For a Gentleman having 300*l.* *a year, and a Wife, two children, and two maid-servants, who pays all ready money, and saves about* 55*l.* *annually.*

	£.	s.	d.
Amusements, being excursions, books, &c.	0	2	6
Apothecary	0	1	0
Baker	0	6	0
Brewer	0	5	0
Butcher	0	8	0
Chandler	0	2	0
Cheesemonger	0	4	0
Coal-merchant	0	4	0
Fishmonger	0	3	6
Green-grocer	0	4	0
Grocer	0	10	6
Italian Warehouse	0	1	0
Haberdasher, Tailor, Shoemaker, &c.	0	16	0
Landlord, for rent	0	14	0
Milkman	0	2	6
Servants	0	7	0
Sundries	0	3	0
Weekly expenditure	£4	14	0
Annual expenditure	244	8	0
Annual saving	55	12	0

These plans are only brief specimens of an extensive system of economy, adapted to all classes, which will be completely developed in the progress of our work.—In a work published by Colburn and Co., entitled, "Practical Economy," which is evidently compiled by a mere book-maker, and which contains a few estimates of this kind, it is claimed to be quite original. Did the compiler never see Dr. Trusler's "Way to be Rich," 8vo. Lond. 1787? But what can we expect from a writer who sips and praises simmered coffee, and dreams of cows giving the best milk before they are a year old; an absurdity which some kind friend, as we observe, has got erased from his second edition. Other estimates of the same kind have, from time to time, appeared in various publications, but chiefly in provincial places, and are therefore little known. It is not so much for originality as for utility, that we contend. Our plans, however, are all new, and adapted as much as possible to the present state of things.

The Art of Gymnastic Training improved, and applied to Strengthen those who are Weak and Nervous, from Disease or from Constitution.

No. II.

Having in our first article given an ample detail of the sorts of food, which experience and philosophy have concurred in proving to be the most strengthening and nutritive, for those who are to be prepared for gymnastic exertions, as well as for those who have been enfeebled by disease, or from natural constitution—we come next to consider the no less important subject of dressing this food, so as best to retain and improve its valuable properties. On this topic we can afford to be the more brief, that we have already, in our two articles on the Chemistry of Roasting and of Broiling, entered as far into the science of the subject as the present state of knowledge can carry us, and must now content ourselves with the application of our principles to useful practice. In the first place, then, of

The Mode of Dressing Food

for men in training, which is to be avoided as improper—all substances, however nutritive in themselves, are forbidden to be boiled, stewed, fried, or baked—even braising is not permitted. All *soups*, accordingly, such as ox-tail, beef-tea, mutton-broth, mock-turtle, and mulligatawny, are most strictly prohibited, as tending to drench the stomach, reduce the strength, and make the muscles soft and flabby; the only exception is, that when a purgative dose of salts has been taken, a little warm gruel is, properly enough, allowed to *work off* the physic, and as the first meal after, a little boiled mutton with broth. As this, however, is a strong exception to the usual rule of diet, the trainers are very particular about both the mutton and the broth; all the *fat* being carefully removed from both. The broth is for this purpose set aside to cool, and the cake of fat on the top taken off before it is given; then it is warmed up, and again carefully skimmed. When beef-tea is given instead of broth, which sometimes happens, the fat is got rid of in the same way. So very different are the notions which trainers have learned from experience respecting the effects of fat, and those usually maintained by the vulgar, of its highly nourishing properties.

In speaking of liquid food, we may mention that no preparation of *milk* is permitted, as if it is strong and new, it is heavy, and apt to derange the stomach; and if sour, as in the state of butter-milk, though it is not so apt to disagree, it is weak and watery, and productive of small nourishment. All the cream,

and the buttery parts of milk also, have the quality of producing fat, rather than firm muscularity. The nutritive properties of milk, indeed, are very ill understood by those who have taken up fanciful and romantic notions of pastoral diet, and the healthiness of rusties who use it liberally. It is not the milk diet, we are bold to say, that makes shepherds healthy and vigorous, so much as their constant exercise in the open air, which will render almost any diet so far wholesome and nutritive. The adopting of the milk diet of the shepherd, without the shepherd's exercise, is of a piece with the conduct of the pudding eater and the water drinker, whose history we have given above. Fewterel, however, prescribed runnet milk for drink, and milk pottage for supper; but his system was a bad one.

Boiling, as we shall afterwards see more at large, deprives the meat of many of its best juices, and other nourishing properties, which are washed out of the fibres by the constant entrance and recess of the water during the process. Boiled beef, indeed, when not too much done, contains a large enough portion of nourishment for common every-day life; but it is rendered totally unfit for a training diet, by the previous process of salting. This process is found not only to harden the fibres of the meat, and make it more indigestible, but also to deteriorate the animal juices, while it is apt to produce thirst, a circumstance above all others to be avoided in training, for thirst always indicates the presence of some unwholesome stimulus, or excitement, and during its continuance wastes down the substance of the muscles, by the absorbents making an extra demand on their juices.

Stewing has a similar effect to boiling, in wasting the nutritive parts of the meat; and it appears also that stewed meat is still less easy of digestion than that which is boiled. *Frying* is, of all the modes of cookery, the worst for training, as it cannot be performed without fat or oil, two things which, as we have seen, are in all stages of training most strictly prohibited.

The first allowable mode of dressing meat, so as to retain and improve its nourishment, is *roasting*. By this process, however, there is still a considerable loss of substance, amounting to from 30 to 35 per cent. in beef and mutton, or nearly a third of their original weight. It is not, we believe, much known in this country, that the French have a way of roasting meat without much waste, or loss of its juices. The joint to be roasted, says the *Almanach des Gourmands*, is to be immersed for a few minutes in melted suet, which will form a coating around it, by penetrating the surface for a little way, which will prove a barrier of resistance to the exit of all the juices of the interior. We cannot, however, answer for the process, as producing either

a wholesome or a savoury joint. If meat is to be roasted for a person in training, it ought to be put down to a brisk fire, and not done in the usual way of allowing the heat gradually to penetrate to the centre. The outside, indeed, ought at first to be half-charred by a brisk heat, and this will form as strong a barrier as the French melted suet, in preventing the escape of the juice. Care must be taken, however, that none of the outside half-charred pieces be eaten, as these would most certainly injure the stomach: only the under-done parts in the interior are to be used, the more raw they are the better, provided they be quite hot, and that the person can relish them: this last circumstance is indispensable, as food that is not relished is never easily digested; for the stomach being put out of humour with it at first, takes some time to recover its tone.

Broiling, however, is by far the best mode of dressing meat for training, as it is a much more perfect way of preventing the escape of the juices than even the process of roasting, performed as we have just directed by first semi-charring the outside. The great staple articles, therefore, of training are beef-steaks and mutton chops, broiled and under-done, with the fat all carefully picked off before they are brought to table.

Seasoning

is also of great importance; for, by improper and high seasoning, all the other parts of the process, however carefully attended to, may be ruined. *Mustard, pepper*, and all hot spices, are prohibited, as producing a high stimulus, and consequently reducing the volume of the muscles by absorption. We should not, however, object to a very little plain mustard, if the under-done meat could not otherwise be relished. *Salt* is more objectionable, from its tendency to produce thirst, though few can do well without it. Dr. Darwin was a declared enemy to salt altogether, and for a singular reason, namely, because it is the only *mineral* substance used at table. On the same principle he ought not only to have objected to the use of soda water, but to all medicines derived from the mineral kingdom. The truth is, that all animals, and particularly man, are the better for salt, if it is not taken in too great quantity. Salt provisions, however, it is to be carefully noted, are always inferior in nutriment and digestibility to fresh, and ought, as we have already said, never to be used in training.

Vinegar is the favourite article of seasoning with modern trainers, though Fewterel denounced all acid juices; but it is, we think, a much more questionable seasoning than either mustard or pepper. We have more than once had occasion to

refer to the injurious effects of vegetable acids on the stomach*; and as vinegar acts a part similar to leaven, being a powerful instrument of self-increase, we think it ought to be taken with great caution, whether it be cold, as the trainers prescribe it, or hot; for the heat of the stomach will very soon make that a matter of little moment. It is said to prevent thirst, and this it may no doubt do, but there are other things to be mentioned afterwards, which we certainly think preferable for this purpose. In Yorkshire, the trainers have the meat steeped in vinegar, of which we highly disapprove.

Time and Quantity of Eating.

There is not a more important part of the regimen to be observed, than the time of meals and the quantity of food used. In common life, and more particularly in fashionable life, this is very erroneously managed, for nothing is more detrimental to health than irregular hours, long fasting between meals, and this followed by every sort of repletion.

The trainers allow only two full and substantial meals in the day, namely, breakfast at eight, and dinner at two, according to Mr. Jackson; and at five, according to Mr. Hall, of Yorkshire. When the person cannot do without supper, a biscuit and a little cold meat is permitted at eight in the evening; but it is supposed that suppers of all kinds have an injurious effect on the lungs, or as they express it, on a man's wind. With all due deference to the experience of Mr. Jackson, and those who have succeeded best in training men, we should prefer a regular confinement of the regimen to two meals, and instead of the slight lunch or a supper at eight, we should prefer a regular light meal at seven, which will be in some measure digested before bed-time, and prevent the bad consequences to the wind, of going to bed with a full stomach.

The *breakfast* is, of course, *à la fourchette*, as the French call a meat breakfast—beef-steaks, as was the fashion in the days of "Good Queen Bess," or mutton chops, with biscuit or stale bread. Those who have been accustomed to tea or coffee to breakfast, will find this one of the hardest regulations to comply with. Indeed it is a standing rule of dietetics to interfere as little as possible with a customary breakfast, for the stomach can bear a change in any meal without injury sooner than in this. The *dinner* is the same.

As to *quantity*, they are generally allowed to eat as much as they please, and we may remark, that confined as they are to almost one dish, with little variety of cookery or seasoning,

* See the Articles, Malt Liquor, page 25, and Champaign, page 68, above.

there is very little danger of their eating too much. The stomach is very easily satisfied with a single dish; nobody, not even a voracious child, will eat too much plain bread. The ancient athletæ, who did many very erroneous things, actually gorged themselves with food. It is remarked by Mr. Jackson, that little men eat as much as large men, and sometimes more; but this depends much on constitution and habit. Training sharpens the appetite, and therefore more food will be taken after it has been some time persevered in than at first. One rule ought never to be dispensed with, namely to have some evidence of the appetite, that a previous meal is digested before taking another. In training game cocks this is always ascertained, by feeling whether the crop is empty.—No. III. of this Article will contain the rules for *Drinking*, as practised by trainers. See No. I. Page 192

Snuff-taking, and its Effects on the Head, the Eyes, the Ears, and the Stomach.

The effects of tobacco on health we have already given, with some care, at page 25, above; and we now come to the peculiar effects of using it in the form of snuff. As the nerves then of the nostrils are more naked, or thinly covered than in any other part of the body, they are extremely sensitive; and when snuff is applied to them, all the nerves of the system become affected by sympathy; hence the taking of snuff has, like smoking, a narcotic effect on the brain, and, through it, on the mind itself, and particularly tends to weaken the memory.

If used as a medicine only, and on occasions that require such a stimulus, the taking of snuff may be of some advantage; though in such cases, some physicians prefer a liquid snuff. If the stimulus, however, of the snuff be too violent, it may bring on so profuse a discharge from the nostrils as may relax and corrode them, and produce an incurable *polypus*, or a concretion of clotted blood, so as to block up the nostrils altogether. In several diseases of the head, eyes, and ears, the taking of snuff may occasionally supply the place of an artificial issue; though an extravagant use of it will most certainly produce a contrary effect; such as collections of matter in the head, bleeding of the nose, deafness, and other complaints. To those who are consumptive, who are subject to spitting of blood, or have symptoms of internal ulcers, nothing can be more prejudicial than snuff-taking.

The practice infallibly vitiates the smell, of course it impairs the taste, and it also dulls the hearing; for as the internal tube of the ear opens directly behind the back part of the nostril, the

particles of the snuff often lodge and accumulate there to a very injurious degree. By stimulating the nerves of the eyes also, it often brings on serious diseases of the sight; so that it appears it is hurtful to all the senses except the sense of touch.

Snuff, if taken too freely, may fall into the stomach and produce serious disorders of digestion and of the liver. Besides, it may also occasion continual and troublesome flatulence; for when the nose is obstructed, the person must breathe chiefly by the mouth, and must in this way swallow great quantities of air, which will bulge out the stomach, and do much injury to health, and may end in confirmed hypochondria.

No public speaker, teacher of languages, or professional singer, ought to indulge in the practice, as it infallibly injures articulation, and weakens the force of the voice by not permitting a free exit for the air from the lungs; which, of course, it must cramp and confine in the action of breathing.

A maiden lady, who was in want of something to comfort her for the want or the loss of suitors, asked a physician whether snuff was injurious to the brain? "No," said he, "for nobody who has any brains ever takes snuff."

Jobbing Apothecaries, or the Humbug of Gratis Medical Advice.

[From a Correspondent.]

Since Peace has, it seems, produced bad times, and made Economy the order of the day, any thing that sounds cheap, and much more any thing which can be had for nothing, is eagerly hunted out and caught at. This has bestirred the puffing world to take advantage of the rage for economy, by larding their lean advertisements with the words *saving*, *economical*, *cheap*, and *gratis*. We see thus advertised cheap teas, though they are really twenty per cent. above market price; wines at reduced prices, because they are cheaply manufactured from the Thames or the New River, with a proper quantity of Berry dye and flavouring essence; gratis education, a round sum being paid for the board of the pupils; and light elastic silk beaver hats, which are as heavy as lead, and contain not a single hair of beaver in their composition. Of a similar but more villainous species is the humbug of gratis Medical advice, which we think it our duty—particularly to our numerous cottage readers—to expose to the core.

Were it not that the legitimate practitioners, so far as they dare, secretly imitate at the same time they are decrying, the arts

of interloping quacks, we should scarcely have thought that any of them would have resorted to the stale bait of gratis advice, after it had been polluted by the street bills of Rakasiri Jordan, Eady, Lamert, Friedeberg, and Kiernan, all protected by government so long as they pay their stamps. But so it is, that many whom we could name, though regularly enrolled in one or other of the Royal Colleges, are as eager to give their advice gratis as either Cameron, the water-doctor; Taylor and Son, the Leake's Pill-doctors; or Courtenay *alias* Currie, the stricture-doctor; not to mention Sir Mordecai Daniels, or the sweet, soothing, Mrs. Johnson. The trick runs thus:—A physician, who has no patients, and is hard run for cash, resolves to do something to aid the good cause of money-making, by giving his advice gratis. Of course he receives no money, not even for his pens, ink, and paper, consumed in furnishing prescriptions; but the apothecary does a good stroke of business by dispensing these. The physician accordingly drives a bargain with the nearest apothecary or chemist, who will treat with him on reasonable terms, to send him all his gratis patients in lieu of a certain division of the spoil to be paid over to the physician. In order to secure the prescription for *his* apothecary, and prevent it from going astray into strange hands, it is written with private marks unintelligible to every man in the profession, save the person who has bargained to divide the booty accruing from the gratis advice.

These marks vary according to the fancy or cunning of the contrivers. A physician, who practises not a hundred miles from Ipswich, puts a simple X to his prescriptions, which is only understood by his *pall* apothecary; and nobody else, of course, can make them up. Some of his gratis patients, more shrewd than he could have wished them, lately exposed the humbug in the public papers; but when thus blown up by the odium of the job, and pressed to hammer out an explanation, he said the cross only meant that the prescription was to be made up immediately. If it had been so, however, why were not all the apothecaries in Ipswich and the neighbourhood apprised that Dr. W— had contrived a cross to save himself the trouble of writing *statim*, the legitimate term of the profession; whereas it appears that only the jobber was aware of the mystery!!! Quere, is Dr. W— a Catholic, and thinks his prescriptions blessed by the sign of the cross? As much, we understand, has been surmised by good Churchmen in his neighbourhood.

Other physicians in London, and elsewhere, adopt Dr. Cherokee Whitlaw's method of numbering, and without taking the trouble to write a prescription, merely say,

℞ No. 1; or No. 2; or No. 3, &c.

This, when taken to the jobber, produces its worth in silver, and the gratis physician eats his braised turkey and drinks his wine out of the pockets of the poor wretches who foolishly imagined him a disinterested philanthropist, that was sacrificing his time and expending his knowledge solely for their advantage.

This is a more complicated and imposing trick than the common practice of the apothecary himself giving the gratis advice, at the same time he is busied in contriving the sort of draught or pill which will pay him best. This perhaps is a necessary evil for the poor. If they go to consult an apothecary or dispensing surgeon, who gives gratis advice, they may be certain of having to buy medicine in some shape or other. Even the surgeon of Bishopsgate-Without, who modestly charges only sixpence for his advice, finds, we doubt not, ways and means to make it a shilling before a patient leaves him. None of them make any thing by prescribing a course of judicious diet and regimen; and this (if it is attended to at all) is only a *secondary* consideration—draughts, pills, and powders for money, being always the *first*.

We put our cottage readers on their guard against all this humbug and fleecing; and give to all ranks an infallible rule to judge of the uprightness, if not of the skill, of a medical man, whether paid or gratis—namely, his solicitude in directing the patient about his diet, his exercise, his clothing, his sleep, &c., and his proportionate indifference in cramming him hourly with pills, or deluging his stomach with draughts, from the Larder of Death, *alias* a drug shop.

Diseases cured without Medicine, by Diet and Regimen alone.

No. I.

Male Hypochondriacs and Nervous Females.

As the vigour of the body fails, obstructions and other disorders are generated, from which proceed most of those pains that wear us away slowly by periodical tortures, and that, although they sometimes suffer life to be long, condemn it to be useless, chain us down to the couch of misery, and mock us with the hopes of death. In females, this produces all that distressing train of real and imaginary ailments, called by the multiform names of vapours, low spirits, nerves, &c.; and in males, it is called by physicians, hypochondria, since the term spleen has become unfashionable. The maladies are the more distressing to the unhappy sufferers, from their being in a great

measure imaginary, though many of the real complaints are sufficiently troublesome.

Old Burton, in his *Anatomie of Melancholy*, gives a very graphic description of this state of the system, from which, he says, proceed a brutish kind of dotage, troublesome sleep, terrible dreams, a foolish kind of bashfulness in some, perverse conceits and opinions, dejection of mind, much discontent, and preposterous judgment. The unhappy patients are apt to loathe, disdain, dislike, and to be weary of every object. They pine away void of counsel, apt to weep, and tremble, timorous, fearful, sad, and out of all hopes of better fortune. They take delight in doing nothing for the time, but love to be alone and solitary, though nothing does them more harm. By and bye, however, when the fit is over, they become pleasant and merry, singing, laughing, and discoursing, so that you cannot tell what to make of their behaviour. When the fit returns, they will now tarry, now be gone; now in bed, they will rise—now up, then go to bed; now pleased, and again displeased; discontented; disquieted; often tempted to make away with themselves; they cannot die—they will not live; they complain, weep, lament, and think they lead a most miserable life; never was any person so bad; every beggar is happier, they say, than they; they are jealous and suspicious of their respectability, and of the attention paid them; they are testy, pettish, peevish, fretful, distrustful, apt to mistake, and ready to carp and snarl upon every occasion, and without any cause, with their dearest friends. They always take in good earnest what is spoken in jest; and are wounded to the quick if the smallest attention or petty ceremony be omitted. Every look, tale, discourse, whisper, or gesture, they apply to themselves; or if the conversation be addressed to them, they misconstrue or pervert every word. Every question or movement works upon them, and is misinterpreted, and makes them alternately turn pale and red, and even sweat with distrust, fear, or anger.

Patients of this kind are a rich source of gain to medical men; for they are in daily and hourly solicitude for some powerful medicine adapted to the complaint with which, for the moment, they imagine themselves afflicted. They are eager for draughts, powders, and all the rubbish of the drug shop; though nothing will more certainly aggravate all their ailments than the swallowing of heterogeneous medicines; and they are so fickle that they will not long abide by one preparation, but insist upon running the gauntlet through the whole Pharmacopœia. One suspects the stomach to be full of frogs, and requires something to kill them; another, that the bowels are eaten up with worms,

and must have Ching's lozenges, or a prescription from Gardiner, the life-guards-man; and a third, that there is a large wen on his forehead, and Sir Astley must be had to excise it.

It may be impossible for a medical person when consulted to avoid prescribing something in the form of medicine; but we maintain that no medicine will do much good, and it runs the greatest chance of doing harm, while the plan which we propose, of regulating the patient's mode of living well, *if strictly persevered in*, will either produce a complete cure, or great alleviation of all the most troublesome symptoms.

So far as the improvement of strength is concerned, the practice of Gymnastic Training might be adopted; but there is one circumstance which would forbid the diet to be so mainly of butcher meat, namely, that this produces costiveness, one of the most troublesome affections of the nervous. In other respects their food and drink must be regulated by the principles established in our papers on training; that is, broiled or roast beef or mutton are to be preferred to all sorts of meat—and stale bread or biscuit to all sorts of vegetable food. When the bowels, however, are slow, mutton broth, beef or veal soup, plainly seasoned, may be used with advantage, and occasionally, though sparingly, any of the green vegetables in season. The patient should never be allowed to sleep for more than seven hours, and ought to be roused at five or six every morning and take exercise, always short of fatigue or perspiration, till breakfast, which should consist either of beef or biscuit, with mild ale or wine, or in more delicate cases, of a soft boiled egg, a bit of roast chicken, or the like, but no tea or coffee; or if the patient cannot be persuaded to relinquish these, one cup, not too hot, and with plenty of milk, but no cream may be permitted. Riding on horseback is the best exercise, or for those who cannot bear this, driving a gig or tandem in a difficult road will be an excellent substitute, as it keeps the mind engaged at the same time it exercises the body. Those who cannot ride ought to walk, to engage in the study of botany, or to play out of doors at some light game, such as bowls, or in bad weather at billiards. Hunting or fishing are good exercises for this purpose, were it not that they expose patients to damp feet and clothes, which are very hurtful. These general principles will lead the judicious to make the proper application of them to individual cases, but we cannot conclude without enforcing our doctrines by a case. A young student at college became so deeply hypochondriac, as to proclaim himself dead, and ordered the bells to be tolled for his death. Money made the toller indulge the unhappy youth in his fancy, and he went to bed to

enjoy the sound of his own death knell. Being a judge of tolling, however, he was so enraged at the slovenly manner in which it was performed, that he rose in a fury of passion, and having tolled himself for his own death, returned to his bed, fell into a profuse perspiration, and from that moment was well. Exercise, then, we repeat, is all-powerful in cases of hypochondriasm; for as the Poet correctly says,

Fling but a stone, the Giant dies.

GREEN'S *Spleen.*

Our space compels us to be brief, though we hope that our directions will not on that account prove the less useful; but, on the contrary, that they will be more easily comprehended and readily remembered.

WHETS BEFORE DINNER, OR THE ART OF INCREASING HUNGER.

It shakes our faith very much as to the high pretensions to knowledge, put forth by physicians and anatomists, that none of them can explain the cause of hunger. If you ask them what causes hunger, one will tell you, that it is the sides of the stomach rubbing upon one another; a second will say, it is a pursing or drawing together of the stomach, for want of something to distend it; and a third will tell you, it is the gastric juice actually set about digesting part of the stomach for want of something else to do. The latter assertion is thought to be supported by instances of the stomach being found after death, actually digested in several parts; but nothing which is alive can be digested, and it only proves that the gastric juice retains its power of digesting after death, in the same way as the gastric juice of the calf is employed in the form of rennet to curdle milk.

We also give our own explanation of hunger, and think it is caused by want of the accustomed pressure of food on the nerves of the inner surface of the stomach; and as soon as this pressure is made by a fresh supply of food, the nerves are again stirred up into agreeable action, and secretion is thereby produced of the digestive fluid. Several circumstances render this explanation the most probable one. For instance, the sensation of hunger is increased by cold air, by cold drink, by acids, and by bitters; while it is diminished by heat, by warm drinks, by opium, by tobacco, and by every thing which has a tendency to blunt the feeling of the nerves. This principle may perhaps explain why gum arabic allays hunger, not by affording nourishment, but by blunting or covering the superficial nerves of the stomach.

It has been objected to every account of hunger hitherto given, that the circumstance of the sensation ceasing after a time, though no food be taken, remains unexplained. In this we see no difficulty, for it resolves itself into the general law of sensation, that every strong feeling diminishes in proportion to its continuance. The pain of a burn, for example, is at first intolerable, but it soon remits, and again after a little returns. The pleasure of hearing a good song is always diminished when it is encored, and it would, if repeated six or eight times in succession, be listened to with great impatience, even though it were better sung in every successive repetition. If an instance from our moral nature be wanted, we may take the remark of Cowper, that the "warmest heart only feels by fits, and is often as insensible as the coldest."

These principles, which we fear are rather too grave for whet-hunters, will lead us to some valuable hints for procuring a good appetite for dinner. The author of the *Almanach des Gourmands* highly applauds the Northern custom of a whet-cup, or *coup d'avant*, for those who have been used to it; but he laments that a Frenchman could not stand it for three years, as it would infallibly crisp his stomach. The whet-cup consists of a large glass of rum, brandy, or bitters, taken a short time before dinner. To those who have strong constitutions, it may not be immediately hurtful, but it must greatly injure weak and delicate stomachs, in the same way as a race-horse has his wind broken by being spurred beyond his speed. To those who are delicate, and who must have a whet-cup, we should recommend a large glass of a cold infusion of camomile, quassia, or any other good bitter, made not with spirits, but with simple water. We are of opinion, indeed, that the spirits are not so good a whet before dinner as if taken after the fish, or the first course. Instead of rousing the nerves to crave food, as the simple bitter does, they seem rather to give them something to do which distracts their attention from their proper office of craving. A glass of cold water, with twenty or thirty drops of aromatic elixir of vitriol, is also a good whet.

The most powerful means, however, of increasing genuine hunger is exercise in the cool open air, such as walking, or riding, or gardening, or botanizing for two hours before dinner, If this is not effectual, recourse must be had to an infallible provocative—the cold bath. In the summer time, the cold water bath may be used an hour, or half an hour, before dinner; and in winter Dr. Franklin's cold air bath. At the time of dressing for dinner in winter, strip entirely, and thus sit in your chamber without a fire for ten, fifteen, or twenty minutes, or till

you feel a warm glow over the whole skin. Then you may dress for dinner; and your appetite, unless there be some disease hanging about you, will become sufficiently sharp set in most cases, without any whet-cup, which is only for those who will not take the trouble of exercise or bathing. Those who rigidly follow our directions will never have reason to complain of want of appetite, or of not feeling any relish for their dinner.

The art of keeping up hunger during dinner shall be given in due time.

London Shopping; or Critical Visits to the Family Shops of the Metropolis.

Tea Shops.

Since the announcement of some articles on "London Shopping," the members of our Committee have been all on the *qui vive* to procure information, and draw up their remarks on the several shops which they have visited and examined. The extent of the subject, of course, precludes any thing like a complete picture, and we must be contented at first with a sketch, including a few of the principal shops where the important article of tea is to be procured. Important we call it, not so much from its being indispensable (for our forefathers lived very well without it), but from its being in universal request, as a luxury. The quantity of tea consumed in these islands, at the low average of an ounce per week to each individual, or about three pounds a year, will amount to more than forty millions of pounds. This average is low, for most persons take from two to three ounces a week, and this will do more than compensate for those who abstain from it altogether. We must take an early opportunity of examining the effects of tea upon health; in the mean time we must inform our readers *how* to judge of it, and *where* to procure it good and reasonable.

Genuine and Adulterated Teas.

Though the alarms created by "Death in the Pot" are now much subsided, and though we have no wish to awaken them again without necessity, yet it is imperatively incumbent onus not to lull our readers into listless security, and persuade th m that villainy has forgotten the fact, that from £300 to £600 per cent. may be made from mixing and adulterating teas with sloe leaves, and other ingredients. That the vigilance of the law and the jackals of the law, have done much to suppress the traffic, we allow; but it certainly is still continued to some extent.

The best black tea, though not much used here, is Pekoe, which is highly esteemed in the northern parts of Europe.

Souchong is little inferior to Pekoe, but so little of it is imported, that it is difficult to get it genuine; for what is usually sold as Souchong, is in reality the better sorts of Congo, the leaf of which is much larger, from its being older before it is pulled.

The best green tea is Gun-powder, but it is very often mixed with Hyson, rolled up in imitation, and tinged of the proper colour, with some sort of green dye. It is erroneously stated in some books, that it is greened with verdigrease. If this poisonous substance were used, the tea, when poured out would be black as ink, by the chemical action between the copper and the astringent principle *(tannin)* of the tea. Hyson is also larger in grain and in leaf than Gun-powder, and will more easily fall to dust on being pressed. This, however, is not so much the case with young Hyson. The infusion is deeper coloured than that of the Singlo, which is also known by its flat leaf, while that of Hyson is round.

As a ready test of black tea being manufactured from old tea leaves, dyed with logwood, &c., moisten some of the tea, and rub it on white paper, which it will blacken when not genuine. If you wish to be more particular, infuse a quantity of the sample in half a pint of cold soft water for three or four hours. If the water is then of an amber colour, and does not become red when you drop some oil of vitriol or sulphuric acid in it, you may presume the tea to be good. Adulterated black tea when infused in cold water gives it a bluish black tinge, and it becomes instantly red, with a few drops of oil of vitriol.

After infusion, some of the largest leaves should be spread out, when the real tea leaf may be known from that of the sloe, by being larger, longer, more pointed, and more deeply and widely serrated, like the teeth of a saw. There is no difference of the shape in the leaves of green and black tea. The leaves of the sloe and of the privet are in a slight degree unwholesome, the former from containing a small proportion of prussic acid.

When tea is suspected to be coloured by carbonate of copper, take two table spoonfuls of liquid ammonia, and half its bulk of water, in a stopped phial, and put a tea spoonful of leaves into it: shake the phial, and if the least portion of copper be present the fluid will become of a fine blue; or the tea, thus adulterated, will blacken water impregnated with sulphurated hydrogen gas.

London Tea Shops *.

Having thus given directions for choosing good teas, we must

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* The Editors have no connection whatever, private or personal, with any of the shops named in this article.

now come to the best places for procuring them. Much may be said both for and against what are called old, established, respectable, or according to the favourite phrase, "Original" Shops. The proprietors of these certainly, in general, keep the best articles, but they frequently make you pay a rack price, the addition being a per-centage charged for the originality, or antiquity of the shop. The connexion also of such shops being established, they are indifferent to your custom, and care not whether you be pleased with your goods or not. On the other hand, enterprising young men just commencing business, will sell a good article at a reasonable price, in order to obtain customers, and increase their connexions. Sometimes you may obtain good and cheap bargains by taking advantage of the rivalry of two neighbours trying to undersell, or to puff down one another. In the tea line this is not an uncommon occurrence, and the public are usually the gainers by the contention.

A war of this sort was or is waged between two adjoining tea shops at Charing-cross, one of them belonging to Mr. Sparrow, and the other to Mr. somebody; and the consequence to the public is cheap tea from both parties. The same Mr. Sparrow has also thrown down the gauntlet on Ludgate-hill, which has been taken up by the Genuine London Tea Company in great wrath, while honest John Axford, over the way, is retreating to Fleet-street, to be out of the squabble; and Mr. Lee has got a couple of mandarins to wag their heads in contempt. We should like to know from this same Mr. Sparrow, whether he thinks the flavour of his teas improved by the exhalations of his huge Chinese lamps, and the exhibition of a ginger-bread Chinese barge, with sixpenny dolls for rowers? Or, whether these gimcracks are paid for by his customers, in the form of a per-centage on his teas? All foolish and unnecessary display of this kind must be paid for, in some way or other; and if the proprietor sacrifices it out of his stock, it must follow that he cannot *afford* to sell so cheap as Twining, Stringer, and others, who put up no expensive trumpery or costly toys in their shops. We cannot bear to see such Frenchified frippery, and hope, for the taste of the public, it will not be encouraged, unless the teas are actually cheaper and better than those had from a plain homely obscure shop, like that of Hodgson's, Philpot-lane, Fenchurch-street, which does more business in tea, than many a dashing and expensive shop. A northern member of our committee is anxious for the credit of Osbaldiston, Bishopsgate Without, under the idea that he is a descendant of the house of Osbaldiston, celebrated in the Tale of Rob

Roy; but we are altogether ignorant of this genealogy, and dare not interfere with mercantile credit.

On the principle that the more extensive the establishment, the articles are procured at a cheaper rate by the proprietors, and that in proportion to the extent of their connections they can do with little profit—the London Genuine Tea Company of Ludgate Hill, *ought* to be, though every body does not find it to be, the best. The ramifications of this establishment are immense: you can scarcely pass through a street, or a thoroughfare in the metropolis, or the suburbs, where they have not an agent; and in the country, even to the remotest parts of Wales, Scotland, and Ireland, there is scarcely a village, which we have not seen thus supplied. The magnitude of the concern is, so far as we know, unrivalled; and as all the teas are weighed and put up in lead at the Company's own warehouse, unless their servants act dishonestly, or their agents open their packets and forge the labels, they cannot adulterate the teas, and the most distant villager has the same advantage as a resident in London. The worst of it is, that teas are adulterated in China before they ever come into the India Company's stock; and hence the guarantee so often blazoned on the signs of tea shops, of the proprietor's having his tea direct from the India House, is good for nothing but deception; for the Chinese adulterations are frequently so ingeniously managed as to deceive the best judges. As good wine needs no bush; *good tea needs no Mandarin, who at the best, is a knave and a cheat.*

Many people are not aware, that at most tea shops one pound in twelve is allowed to the purchaser, and half a pound in six. To families who can afford laying in their tea annually, this amounts to a saving worth attending to.

Although we recommend large shops, as likely to be the most economical, we have found that very good teas, at reasonable prices, may be had at many of the second and third rate shops in various parts of London and the suburbs. There is one description of tea shops however, against which we warn our readers; those, to wit, which put out in their windows fine sugars at low prices, as a lure to entrap the unwary—not to buy the sugar, for that they will not sell you by itself, but their rack price tea, in which they can more readily deceive you than in sugar, whose qualities appear on inspection. The truth is they put up their sugars at or below prime cost, and lay a heavy compensating profit on their teas. Avoid all such shops, for villainy lurks in them. If we are not mistaken they could be compelled by law to sell their sugar at the price it is marked at, whether you take tea of them or not. It is a fairer, though not

so economical a practice, as it at first appears to deduct from the price of the sugar, as is done by A. Melrose, and Co. of Edinburgh, to the purchaser of teas; for the deduction on the sugar must fall on the teas.—Buy no teas of hawkers; the penalty is 10*l*.

Toothache and the Means of Relieving it, without Extraction, with Receipts.

When fevers burn, or ague freezes,
Rheumatics gnaw, or colic squeezes,
Our neighbour's sympathy may ease us,
Wi' pitying moan;
But *toothache*, hell o' a' diseases,
Ay mocks our groan!

Burns.

"What would you recommend for the toothache?" is a question which we often hear, though we believe it seldom enters into the thoughts of the questioners to consider what may be the cause of a particular fit of toothache, or that the remedy must depend upon knowing the cause. To expect a remedy therefore which will cure toothaches of all varieties, is almost the same as to expect a universal remedy for all diseases; but many people are foolish enough to dream of such a remedy for toothache, and quacks take good advantage of the absurdity. The various causes which may bring on toothache, are as endless as the diseases of the body, most of which may, by sympathy, affect the teeth; but a few are more common than others, and therefore require notice. Among these the first is cold, which may produce violent toothache without any previous decay of the teeth; and rheumatism or gout may in the same way make an attack upon the jaw, and produce great pain and swelling, as occurs in the joints. Nervous pains also often settle here from sympathy with some other disordered organ, such as the stomach, and of course when it is deranged the nervous toothache comes on. Toothache may also be caused by inflammation of the gums or sockets of the teeth; or from incrustations of tartar, or enlargement or tumours of the bones, called by surgeons exostosis. In all these cases it is plain that extraction of the tooth will seldom do any good, and may do harm.

The most common cause of toothache, however, is a decayed or hollow tooth laying bare the nerve to the influence of the air, or the particles of food or drink which may get into the hollow. Some of the old conjurors pretended that they possessed secrets for loosening hollow teeth, and extracting them without pain; and an old gossiping person who calls himself a physician, in a late number of the New Monthly Magazine, was fool enough

to try helleboraster, milk-thistle, henbane, and ashes of earth worms for this purpose! We need not say he was disappointed.

The cause of decay in the teeth is still unknown, though it is conjectured that it may arise from taking too hot or too cold food and drink, or from the undue use of acids. Sugar and sweet things were at one time denounced as the common cause of bad teeth and toothache, but this is now believed to be a vulgar error. Those who are in the habit of using elixir of vitriol, will, if they are not careful to drink it through a quill, or a glass tube, soon find their teeth much injured. Hollow teeth are likewise often caused by dentrifices and tooth-powders.

When toothache evidently arises from a decayed or hollow tooth, and the patient is unwilling to have it extracted, the first thing to be done is to ease the excruciating pain, which, as Burns says, bears the bell of all misery and rankest plagues. One of the most powerful remedies for this is exciting some strong emotion of the mind, such as terror, hope, wonder, and the like, the great engines, by the way, used by Prince Hohenlohe, Mr. Baldwin, and all other miracle workers. If you have faith in the remedy, the cure is certain. The notorious Valentine Greatrakes cured the toothache by simply stroking the cheek; others by blowing upon the patient; others by a magnet held to the tooth; and any body who can obtain belief and confidence, may cure it by saying, "Begone," or any authoritative word.

When a patient is not sufficiently credulous to be cured by this sort of quackery, recourse may be had to opiates. A bit of opium, or some cotton wool soaked in laudanum, may with this view be plugged into the hollow of the tooth. Camphor, dissolved in oil of turpentine, is also a favourite remedy, by the following receipt:—

> Put two drachms of camphor
> into an ounce of the oil of turpentine,
> and let it dissolve; when it will be fit for use.

Cajeput oil is another valuable remedy for allaying the pain when put into the hollow of the tooth. The most effectual however, of all the remedies for destroying the sensibility of the nerve, is the putting of a red hot wire into the hollow, which will destroy the nerve, and prevent the return of the pain.

Pain in any other part of the body eases toothache, chiefly as it should seem, by affecting the mind and distracting or withdrawing attention. A box on the ear, a blow on the shin, or on the elbow, has in this way often given immediate relief. It is in this way, that any thing which smarts the mouth relieves the

pain, such as hot water, tobacco smoke, or brandy, held in the mouth; or what is still better

Take one drachm of the powdered leaves of pyrethrum,
and a sufficient quantity of gum arabic mucilage:
Make a mass, divide it into twelve portions, and take one into the mouth, and let it lie till dissolved, as occasion requires.

If an external application is preferred, the following liniment may be rubbed on the outside of the jaw:—

Take an ounce of spirit of camphor;
three drachms of liquid ammonia;
ten drops of essential oil of bergamot.
Mix them in a phial for use.

If the gums are spongy, or tender, and apt to bleed, the following wash, occasionally applied, will be found useful:—

Take half an ounce of tincture of myrrh;
two ounces of tincture of peruvian bark:
Mix them in a phial for use.

A blister placed behind the ear, or burning the lap of the ear with a cloth dipped in boiling water, will often remove the pain entirely. The return of the pain when the nerve is not destroyed, is best prevented by stuffing the hollow of the teeth with melted sealing wax, or with some metal, such as lead or gold. This, however, is best done by a dentist. It has lately been proposed, and is worth trial, to fill the hollow with some of the cements used by stone masons, which harden under water. The cement could be put into the hollow in the form of a soft paste, and no moisture will ever dissolve it.

Infallible Receipts for the Cure of Scarlet Fever, Measles, and Erysipelas, Rose, or St. Anthony's Fire.

The receipt which we are about to give was first discovered by Dr. Peart, and has since been used with so complete success by Mr. Wilkinson, that for seventeen years he has not lost a single patient, to whom he was called sufficiently early, in any of the severe diseases mentioned in the title of this article; a similar testimony is given by Mr. Ricardo, of Bow; so that we may, perhaps, on these authorities call it infallible.

Dissolve two drachms of carbonate of ammonia
in five ounces of water;
Two tea spoonfuls every two, three, or four hours, with cold water to drink at pleasure.

Or the carbonate of ammonia may be given advantageously in the following draught:—

Take four grains of camphor, dissolved in
half a drachm of rectified spirit of wine;
six drachms of pure water, and as much cinnamon water;
fifteen grains of carbonate of ammonia;
one drachm of syrup of lemon peel:
Mix for a draught, to be taken every fourth hour.

If the pain of the swelling be severe in the Erysipelas, usually known by the name of Rose, or St. Anthony's fire, the following wash will be found very useful, both before and after the bursting of the little vesicles or blisters, when such are present, which is not always the case, though the disease is so characterized by Willan and Bateman:—

Take one drachm of carbonate of ammonia;
the same of super acetate of lead;
one pint of rose water; and mix for a wash.

It is a mere prejudice that no moist applications should be made to Erysipelas; though, when the moisture of the burst vesicles is great, it may be well to dust the parts with flour of oats, (not oatmeal,) or with starch powder.

Eulogium on Pork, in opposition to the Trainers.

The ingratitude of the world is in no instance more strongly displayed, than in the terms of contempt and reproach which are so liberally bestowed on the prince of all the animals that "chew *not* the cud," who, though thus decried and despised, is, in fact, one of the most estimable members of society; and though the majority of Christians of the present day are as great Jews as ever lived, yet there are few of them that do not break the Levitical law for his sake. Nature, indeed, has been so very bountiful to this her favoured child, that every part of him is equally valuable. Arms and the arts contend with the kitchen for his spoils; and if the fame and fortune of many a pork-butcher is due to his flesh, his bristles have been the instrument of glory to many a celebrated painter, as his hide is ever the seat of honour to the warrior. Were this noble but much libelled animal banished from our tables, neither ham, nor brawn, nor bacon, nor smoked chops, nor Brunswick or Bologna sausages, nor forced-meat, nor black-puddings, nor pickled petitoes, nor standing pies, would ever greet our keen set appetites; and the Christmas chine, the harslet, and the crackling, griskins, cru-

beens, and spare-ribs, would be seen no more; peas-pudding, apple-sauce, and savoury sage would partake in the disgrace; and sucking pigs and the jolly pig's face would cease to smile on our boards.

These few traits of his numerous excellences, we have mentioned from the same feeling that would lead us to rescue the character of a valued friend from unmerited obloquy; and we trust, that the slanderers of this truly respectable animal will in future admit—"that they have taken the wrong sow by the ear."

Naturalists may say what they please of the lion: the wild boar is the real monarch of the forest; and no one who has seen him towering at the head of the table, in proud pre-eminence above all inferior game, could doubt for a moment of his rank; indeed few potentates can vie with him in the love and admiration which he commands; for there is none whose head is so well spoken of. We presume that no one will be either so simple or so unjust as to confound this noble animal with the common *bores* to be met with every day at the best tables in this country.

With regard to the nephew of this prince of the forest, the gentle sucking-pig, we have merely to recommend that he be treated as a tender mother does her darling infant—that is to say, that he be well stuffed, and, while dressing, let him be watched like a miser's gold; above all, let him be well done, for as to under-roasted pig, a man might just as well eat a raw child.

The very fact, that pork is not fit for the weak, but is best adapted to the strong and robust, shews its superiority—a circumstance remarked from the time of Hippocrates. "Suppose two champions," says the famous Galen, "of the same strength, to use the same exercise, and feed on pork; if either of them shall change his diet, and live on an equal quantity of any other sort of meat for but one day, he will immediately find himself weaker; and if for several days, he will not only grow feeble, but meagre also, for want of his proper sustenance*." What will Messrs. Jackson, Barclay, and John Smith, say to this? Quere—Was it the Mendozas, and other Israelitish fancy-men, who introduced the prohibition of pork into the art of training? If so, we would recommend an immediate application to Mr. Lewis Way, or to the blessed Emperor of all the Russias.

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* Galen, De Aliment. Facult. III. 2.

Properties of October Beer.

Practical brewers are well aware that the peculiar flavour, and other qualities of malt liquor, depend very much on the water used, the temperature of the air, and the particular exposure of the malthouse as well as the brewhouse. London porter therefore, can only be brewed in London; for though a London brewer were to go to Calcutta, or St. Petersburgh, and use what he imagines to be the same ingredients, and the same process, he will be altogether disappointed in the result. Hence the impracticability of following the receipts given in books for making Edinburgh, Burton, or Windsor Ale; for without the same water, and the same exposure, as the famous breweries in those particular places, the thing is impossible.

It is these several circumstances which influence the qualities of beer brewed in October, which has for ages acquired a high character. The state of the air, except so far as regards its temperature, we cannot so particularly appreciate; but we know some of the changes which take place in water during the month of October. The decay of vegetables, in immense quantities, must tend to impregnate both rivers and springs with putrid matter, which, if not in great excess, may be rendered inoffensive, by combining with the earthy salts of the water; and at the same time these salts will be in some degree neutralized, and the water rendered softer than before; and nobody needs to be told, that the softer water is, the more fitted it is for brewing. A late author is therefore decidedly wrong, who says it is to an erroneous prejudice that October beer owes its fame, and that what is brewed in February and March must be better. We doubt not that some summer malts may be slack, and even run over the kiln again; but that is not the fault of October. The bad effects of the putrid water, after it has undergone the heat and fermentation of the brewing process, must be wholly imaginary.

Expences of Medical Education in London, with the Characters of the Medical Lecturers.

In obedience to the suggestion of a friend, we intend to draw up as accurate accounts as possible of the expences of education in all the varieties of professions and of business, that our family readers may have estimates to go by in determining for their sons; and may also learn the best mode of pursuing their object. We begin with the expences of pursuing a Medical Education in the metropolis.

Leaving out of our consideration the previous and necessary expenses of common and classical education, and of a five years apprenticeship, which must vary very much according to circumstances, we take up our young candidate for professional honours at his entrance into the London Hospitals, and his attendance upon Medical Lectures, which he must continue for at least six months before he can pass at Apothecaries'-Hall, and for at least twelve months before he can pass at the College of Surgeons. In the first case he will not, to be comfortable, require less than from 50*l.* to 100*l.* for board, lodging, and other personal expenses; and in the second, from 100*l.* to 150*l.* Some may manage to do pretty well with a less sum, but they must then be very economical indeed; this we reckon to be a fair medium, which may be diminished or increased, as the parties can best afford. This estimate may either include, or not, an allowance for books, amounting from at least 5*l.* to 15*l.*, a great portion of which may, however, be saved by entering a medical library, where all the necessary books can be read for the sum of from one to three guineas, in proportion to the number of books wanted. The hospital and lecture expenses may be stated as amounting to 100*l.* or 140*l.* per annum, if all the best advantages, including attendance on the physician's and surgeon's practice, are embraced; and it is no economy to save a few pounds, and lose valuable instruction, or, what is better, the observation of diseases. There is little difference in the expenses attending the several hospitals and lectures, though the Borough hospitals are a few pounds under, and Bartholomew's a few pounds over most of the others; but five or ten pounds is not so much an object in education as superior advantages. We may conclude then, that the whole expenses of a medical student for one year, if he be comfortably boarded, and have all possible advantages of the hospitals, including the physicians' and surgeons' practice, and lectures, will amount to about 300*l.* With inferior board, and taking only a partial advantage of his opportunities of instruction, it may be accomplished for 200*l.* or 150*l.*; but less than this, we should look upon as foolish and miserly management, and only getting-up a student—as is but too often done—to pass examination without much concern whether he has thoroughly learned his profession or not.

We come now to a more difficult part of our subject—the characters of the several schools and lecturers; difficult, we call it, from the variety of opinion which exists, and from the prejudices which rivalry finds means to circulate and establish. We wish to be rigidly impartial, but we cannot and dare not say that we may not be biassed by the opinions of those whom

we hold in high esteem, and which may again be swayed from impartiality by private circumstances.

St. Bartholomew's Hospital.

The Anatomy, natural, morbid, and physiological, and the Surgery, are by Mr. Abernethy, who is, unquestionably, one of the most *philosophical* surgeons and anatomists living, and his published works show acute observation and clear deduction, though he is too much influenced by the theory of the digestive organs. As a lecturer, he is graphic, pointed, and striking, though often coarse, offensive to taste, and even verging on buffoonery; but he never loses sight of his subject, and a student will retain more of what he hears from him than from most other lecturers. He is, however, better adapted to the advanced student than to a beginner, who can seldom follow him through the details of his numerous cases, without having seen considerable practice. Mr. Stanley's little work shows that he is an accurate dissector. The Medical and Chemical lectures are by Dr. Hue, who has never published any thing. His lectures, particularly on Chemistry, of which he seems to be uncommonly fond, are clear, neat, and most accurately laboured. The Midwifery is by Dr. Gooch, whose papers in the Transactions of Societies, rank him high. His lectures are learned, elegant, and witty. Dr. Conquest, who sometimes assists him, though his name appears not in the Hospital advertisements, is a prim, whining speaker, but is said to know his subject well.

The Physicians of this Hospital are Drs. Roberts, Powell, and Hue. Of the first we know nothing. Dr. Powell is understood to be more learned than practical, particularly in the subject of hydrophobia; and Dr. Hue, who has but lately succeeded Dr. Haworth, is much respected. The Surgeons are Sir Ludford Harvey, who is not popular; Mr. Abernethy, who dislikes operations and prefers blue pill: and Mr. Vincent, who has published an unimportant case or two. The Assistant Surgeons are Mr. Lawrence, who is rapidly rising in popularity, and is thought to be one of the best operators (certainly the coolest and steadiest,) in London, and who is most assiduous in instructing the pupils; Mr. Earle, who is very enterprising and does a great deal, but talks and publishes a deal more, and who has been bold enough to criticise Sir Astley; and Mr. Stanley, who gives purgatives when he does not know what to do*, and operates with as much ease on the living as on the dead subject. The Apothecary is Mr. Wheeler, who lately succeeded his father. Is the place hereditary, like the anatomical chair at Edinburgh?

* Medico Chirurgical Transactions, Vol. XII. Part I.

Guy's and St. Thomas's Hospitals.

The anatomy and Surgery are by Sir Astley Cooper and Mr. Green. We need scarcely say that Sir Astley is a most expert anatomist, as it must be in a great measure on this that his great fame, as an operator, is founded; but we cannot compliment him on his powers of lecturing, which are very ordinary, as indeed may be almost inferred from the slip-shod composition of his published works. But this is of little moment in one respect: the great John Hunter was never famous for his lecturing nor his compositions. Mr. Green has published a very useful manual of Anatomy, and we believe some detached cases. Mr. Travers gives clinical surgery, and is a judicious reasoner, and a distinct speaker. The medical and pharmaceutical lectures are by Drs. Cholmeley and Back, who are very respectable, but without much fame. The chemistry is by three well known gentlemen, Mr. Allen, Dr. Bostock, and Mr. Aiken, whose names, however, are much better known than their discoveries. Mr. Allen, being a quaker, is, of course, a plain matter-of-fact lecturer; Dr. Bostock, is very dry; Mr. Aiken, accurate. The botany is by Mr. Salisbury, who has a very high opinion of his own knowledge. The other lecturers are not celebrated in any particular line of superiority.

The physicians at Guy's are Drs. Cholmeley, Laird, and Back, none of whom, except perhaps the first, stand high in popularity; assistant physician, Dr. Bright, known chiefly from a splendid book of travels in Hungary, which fell almost dead-born from the press. The surgeons are, Mr. T. Forster, who is not the author of a book on Swallows; Mr. W. Lucas, who is not the author of a work on Inflammation; and Sir Astley Cooper, Bart., the most popular operator, and consulting surgeon, perhaps in the world, and who is fonder of cutting than of prescribing blue pill. Assistant surgeon Mr. Kay, who is, we hear, to superintend the publication of Sir Astley's work on Hernia. The apothecary is Mr. R. Stocker, the author of the Pharmacopœia Officinalis Britannica, and as good a Botanist as Dr. Thornton, who has defaced Virgil with villainous wood cuts.

The physicians of St. Thomas's are Dr. Williams, who is not the author of the papers on Colchicum in the Repository; Dr. Scott, who is said to be clever; and Dr. Elliotson, well known as the translator of Blumenbach. Assistant physician Dr. Roots, who, if we trust to etymology, ought to be a genuine *radical.* The surgeons are Mr. Travers, who has published an excellent work on the Eye, has been colleague with Sir Astley in the Surgical Essays, and is said to be a very judicious and enterprising surgeon;—Mr. Green, the anatomist, and Mr. Tyrrel,

whom we do not know: Apothecary Mr. Whitfield, who is not a Methodist.—We must reserve the other hospitals, dispensaries, and schools, public and private, for a future page.

Second Round of Sparring between Sir Astley Cooper and Mr. Henry Earle;

With an Interlude of Hospital Skirmishing, and Traps to catch Pupils.

Our prediction is fulfilled, that the sparring between Mr. Earle and Sir Astley Cooper would end in Hospital warfare. The Borough legitimates and St. Bartholomew's have now fairly entered the lists, and the result may easily be anticipated, provided Mr. Grainger and his thriving and formidable school stand neutral the while. In our former article we counselled Sir Astley to temper his reply as became his character; but altogether reckless of our friendly cautions, he has become quite outrageous, stamping, and exclaiming, "Good God*!" as if he were acting a Tom-and-Jerry scene in Life in London; and in the mean time asserting†, that it is not his "intention to descend from the character of a gentleman." Cassio, in Shakspeare, after he was tipsy, was most vociferous in maintaining that he was not drunk; we know not whither it were not some latent presentiment of a similar kind, which made Sir Astley thus claim to be considered as a gentleman; a thing which no body, so long as he keeps clear of anger and the third Commandment, will for a moment doubt. We give Sir Astley credit for his professed intentions, when he says, "I shall examine the essential points in which the opinions differ from mine; and *omit the mention of names*, because I contend for doctrines, and not for individuals." We find, however, that Sir Astley's practice partakes of the human weakness of not concording with his principles; for in the very next page, he tries to shelter himself and his doctrines, under the *name* and the praises of his friend, Dr. James Johnson, whose eulogiums in the Medico-Chirurgical Journal he repays by the epithets, "able and intelligent." We are likely, we think, to have this game of shuttlecock continued by the Doctor. Other names are also plentifully scattered through the work:—Mr. Earle's only once; but with a very different intention from this instance of Dr. Johnson.

And what does Sir Astley say to giving the *names* of rival hospitals, if he really contend only for doctrines? Hear how he bepraises Guy's.

"When I perceive the practice of the Hospital to which I belong censured, I should be wanting in the most common, as

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* Page 11. † Page 3.

well as the best feelings of nature, if I did not repel such attacks. Guy's Hospital is the most glorious monument of individual humanity existing, in a country which exceeds all others as much in its philanthropy as in its power and glory. Every officer of the Hospital glories in the Institution—is jealous of its honour—and indignant at any insinuation against its excellence."

In a subsequent page Sir Astley retaliates the charge of inhumanity against St. Bartholomew's, by quoting Mr. Earle's case of Daniel Spilling, who was admitted with a fracture of the thigh: very little attention was paid to the limb—his health became daily worse—and he died on the eleventh day after his admission *." But taking advantage of a well known rhetorical figure, and like a disobedient child, doing precisely the very thing which he says he will not do, Sir Astley proceeds :—

For the world, I would not if I were able, say any thing which would lessen the character of St. Bartholomew's hospital, or hurt the feelings of any of its medical officers; but I cite this case from the work before me, to shew that attacks upon the character of an hospital, and of an individual connected with it, might lead to retaliation; but if I could stoop to do so, I should consider it as bad taste."—This whole Quarto pamphlet of Sir Astley's, (contrary to these pretensions, is a direct retaliation on Mr. Earle, and on St. Bartholomew's, and will be felt as such, whether he may be conscious or not of the bad taste of his attack, and the *telum imbelle* which he brandishes.

In reply to Mr. Earle's accusation of his rough mode of handling broken bones, Sir Astley, instead of coming to the surgical practice blamed by Mr. Earle, flies off, and says, no one has a right to accuse him of any such a thing, particularly in Guy's Hospital, where the patients are most anxious to place themselves under his care, and where "luxuries are heaped upon them if they be necessary for their recovery." All he recommends, he says, may and ought to be done with gentleness. On the contrary, he insinuates that by Mr. Earle's humane mode of examination, the nature of the injury cannot be known, and a patient may thus be confined for weeks to the prize bed—a fracture cured which was never there—and of course no shortening of the limb. Though Sir Astley *insinuates* this however, and gets into a passion about it, he does not make out his case against Mr. Earle, nor can he discover any flaw in the treatment, but escapes from the point in dispute to give a case treated by an ignorant nameless surgeon as a fracture, which proved to be

* Earle, page 30.

no fracture. This has plainly nothing to do with Mr. Earle, and appears to be pitiful shuffling; but we can see the drift of it from the following sentence addressed *directly* to medical students:—

"If the advice which the author (Mr. Earle,) has given in the foregoing quotations, is adopted by young men who come to London for instruction, when they return to the country to settle in practice they would all be ruined."

That is, in other words, if they study at St. Bartholomew's under so humane a man as Mr. Earle, they will never succeed in laming or shortening a limb by curing a fracture of the neck of the thigh bone, a thing which Sir Astley seems to think a mark of good surgery!! Whether this will frighten away the students from Bartholomew's and fascinate them over to Guy's we know not; but it has all the look of a baited trap; though Sir Astley would not for the world say any thing to lessen the character of Bartholomew's! It is no doubt provoking to see the pupils of Bartholomew's, and the fame of Abernethy and Lawrence, so much on the increase; and at the same time to see the great mass of the Borough pupils deserting the legitimate lecturers at the hospitals, and flocking to the upstart school in Maze Pond. But so it is; and the evil must be endured. Cannot Sir Astley be contented with his high and well earned fame as an operator, and his magnificent income as a practitioner, without unworthily hankering after pupils, and baiting traps to catch them?—Mr. Earle we hear is about to reply, and we counsel him not to use rhetorical figures, like those we have quoted from Sir Astley, nor to introduce heathenish imitations of the Demosthenic oath, though this is sanctioned by the examples of Lord Chatham and Lord Erskine, and has lately been patched into the Pulpit Orations at Hatton Garden, for the *laudable* purpose of distinguishing them from Christian Sermons!!!

Chemical Process of Frying, and its Effects on Food.

The process of frying appears to be intermediate between broiling and boiling, though it is more analogous to the latter, as it is nothing more than boiling in oil or melted fat. The effect on the meat is, however, very different, as we shall presently see.

As in broiling, the steaks or chops are to be cut about the thickness of three-fourths of an inch; for when thicker, they cannot be thoroughly done, and when thinner, they cannot be dressed sufficiently juicy. If it is required to preserve, as much as possible, the flavour of the meat, it ought, before it be put in

the pan, to be brushed over with a liquid paste made of flour, oatmeal, or crumb of stale bread, and yolk and white of eggs. A quantity of suet, butter, lard, or, what is better, very good olive oil, sufficient to immerse about half the thickness of the meat, is then made hot in the frying-pan, and the meat put in.

The proper heat is ascertained by putting a piece of bread or a sprig of parsley into the fat, which ought to become crisp without acquiring a black colour; for if so, the heat is too great, and the meat will be blackened, burnt, and unpleasant, by the decomposition of the fat producing empyreuma. Beef suet, which is only thus decomposed at a high temperature, is therefore to be preferred for frying meat. Oil is best adapted for fish; and butter, for eggs. When the heat, again, is not sufficiently kept up by a clear fire, the meat will not be fried, but sodden. By pressing the substance close to the bottom of the pan for a minute before taking it out, a rich brown colour is imparted to the surface.

When the meat is thrown into the boiling fat, it soon parts with all the albumen, gelatine, fat, and osmazome, which are near its surface, as these are quickly separated by the heat and removed by the fat, which supplies their place by entering between the fibres, and filling up every vacancy. As the process goes on, the interior part of the steak or chop suffers the same transfer of substance; and were it not that the melted fat preserves the fibres supple and juicy, the meat would not be fit for the table; for the fat has, from chemical affinity, a very great influence in dislodging the animal juices, and hence it is, that fried meat acquires a leathery appearance, and loses more of its bulk by shrinking, than if dressed in any other manner. Hence, also, fried meat is less tender and savoury; and as it is not served up in the fat it is fried in, the best juices of it are lost to the eater.

The nutritive qualities of meat, it must be evident, are partly abstracted by the process of frying; and these may indeed be readily discovered, after the melted matter in the pan is left to settle, in the form of a rich, brown, savoury jelly, which separates spontaneously from the rest, and is composed of albumen, gelatine, osmazome, and minute portions of red fibre.

These observations, however, are less applicable when the meat is previously coated, as above directed, with egg paste, as both the animal juices are by this means prevented from escaping, and the melted fat from entering and supplanting them.

Vegetables, as well as animal substances, are sometimes fried, though it is a process not to be recommended, for it seldom makes them more palatable, and always injures their digestible

and nutritive qualities. Vegetables, when fried, part with all their juices; but the place of these is not, as in the case of meat, supplied by the melted fat; and their most nutritive substance, starch, is also rendered insoluble in water, and in a great measure indigestible. Potatoes, when fried, become waxy in texture, and semi-transparent in appearance. Such dishes should always be avoided by invalids, and those whose digestion is feeble. They will often produce derangement even in the most healthy and vigorous. We say the same of potatoes done under a roast.

It is fortunate that frying does not seem to be a very favourite process with most cooks; for it is certainly the least profitable both in a salutary and in an economical point of view, except in the case of fish, which can scarcely be said to be different from those which are broiled, as their glutinous skin, which is soon rendered crisp and brown, is in a great measure impermeable to melted butter. Broiling fish on the gridiron, *en papilotte*, differs very little from frying; for in this case the buttered paper in which they are enveloped, serves all the purposes of a frying-pan.

Chemical and Medical Qualities of Fruits.

Fruit is one of the themes which the advocates for *natural* diet are fond of bestrewing with pretty phrases and rounded sentences—forgetting that few wild fruits merit their eulogiums. They think only of the ripe and juicy plum or the mellow apple, and not of the austere sloe, or the sour crab-apple, from which the garden fruits take their origin. Were those who delight to talk of golden fruit or crystal springs, as our natural food, compelled to wander in a forest for a single week, with nothing to eat but crab-apples and sloes, and sour dwarf gooseberries, and nothing to drink but water from the spring, it would, we are persuaded, effectually cure them of their waking-dreams—that is, if they are at all curable.

The cultivated fruits however, and even some wild fruits, form a light, nutritious, and pleasant article of diet; and many of them are advantageous to the weak and delicate. Against some species of fruits very unjust prejudices have been raised; and the good qualities of others have, in some instances, been much over-rated. It will therefore be of use to expose these erroneous views, and establish the qualities of fruits so far as they are known, on scientific principles.

Qualities of Apples.

It would be quite possible to make a large book on the qualities of apples alone; we must content ourselves with briefly remarking on one or two varieties. All apples contain more or

less sugar, acid, mucilage, soft woody fibre, and water; and according as the one or other of these prevail, their qualities must be estimated. The aroma of apples, on which their flavour seems to depend, is probably a mild stimulant, which may assist digestion; and if this be correct, those which have the finest flavour will be most easily digested—a circumstance which, in other cases, seldom happens. The different varieties, as the rennet and some American sorts, may be mentioned as having this quality, while, at the same time, they contain a large proportion of sugar and mucilage, and are consequently nutritive. The dry mealy varieties, though not so much relished, are also highly nutritive. Pippins, and all the hard varieties, contain too much woody fibre and mucilage of difficult solubility to be easily digested. The watery sorts are generally crude, cold, and ill-adapted to weak stomachs in the raw state.

In our article on *Roasting* will be found a chemical explanation of the changes which an apple undergoes when subjected to heat. Its digestible and nutritive qualities, indeed, are so much altered, that very coarse and sour fruit is thus fitted for invalids. Nothing is more light than apple-pie, always excepting the crust, and the hurtful addition, so usually made, of stimulating spices, by way of seasoning what seems to have little need of it. Towards Easter, when apples begin to be dry, they should be put in tepid water for eight or ten hours to swell *.

Ripe, sweet, and mealy apples will produce a laxative effect on the bowels, while those which are sour and astringent should be avoided by the sedentary, as they will be apt to induce costiveness, griping, and flatulency. This, however, will be in a great measure prevented, says the Almanach des Gourmands, by drinking water and abstaining from wine.

Qualities of Pears.

Pears have but little of the acid usually found in apples, while they have generally more sugar, and above all more woody fibre, which is of course indigestible. Those which are not so hard and solid contain, along with their sugar, a considerable proportion of mucilage, which, though it is nourishing, is apt to go into fermentation in the stomach and produce flatulence. The very hard sorts ought to be prohibited to the weak, as their great quantity of woody fibre will only load and fatigue their stomach. The astringent sorts produce costiveness; the sweet and mellow sorts are laxative to the bowels, and may to some constitutions be salutary. They prove heavy to cold stomachs when eaten in quantity †.—We shall resume this subject.

* Almanach des Gourmands, III. 42.

† Idem, III. 51.

How to make an infallible Corn Plaister.

Mr. Samuel Cooper, in his valuable Dictionary of Surgery, gives the following receipt as *infallible* for the cure of corns.

Take two ounces of gum ammoniac;
two ounces of yellow wax;
six drachms of verdigrise:

Melt them together, and spread the composition on a bit of soft leather, or a piece of linen; cut away as much of the corn as you can with a knife before you apply the plaister, which must be renewed in a fortnight, if the corn is not by that time gone.

How to make Ching's Worm Lozenges.

Though we highly disapprove of violent purgatives for the cure of worms, we shall give the ingredients and the mode of making them, by which those who choose to employ this medicine may save a high per-centage. There are two sorts of Ching's lozenges, brown and yellow, the latter taken in the evening, and the former on the ensuing morning.

For the Brown Lozenges.

Take seven ounces of panacea, i. e. calomel washed in spirits of wine;
three pounds and a half of resin of jalap;
nine pounds of white sugar;
a sufficient quantity of mucilage of trajacanth.

Make into a mass, and roll it out into an exact thickness, and cut it out into 6,720 lozenges.

For the Yellow Lozenges.

Take half an ounce of saffron;
one pint of water;
boil, strain, and add,
one pound of panacea, i. e. calomel as above;
twenty-eight pounds of white sugar;
as much mucilage of trajacanth as will make a mass.

Roll it out as in the preceding, and cut into 4,760 lozenges.

For smaller quantities the proportions may be calculated from these, which are the wholesale receipts; and we give them in preference, to show that in making up a mass like this, of thirty pounds weight, with so strong a drug as calomel, it has every chance of being unequally distributed through the whole, and one lozenge may contain ten or twelve grains, while another does not contain one grain. Besides, the three vegetable ingredients, gum, sugar, and jalap, will, if exposed to the least damp, produce an acid, which will greatly increase the poisonous power of the mercury.

November Diseases, and the Means of Escaping them.

When a man is at sixty six yere olde,
Which lykened is to baryene Novembre,
He waxes unweldy, sekely, and colde,
Then his sole health is tyme to remember.

The Twelve Months.

Exercise in the open air is "the sovereignest thing on earth," to prevent diseases; and he who has braved the winds of March, and taken his daily rural walk in summer and autumn, need have no fear of the dreariness of November, though the flowers are gone, and the fields look bleak, and the air is damp, chill, and hazy. But we have others to prescribe for: a numerous class, who seldom venture abroad, unless the day is fine and inviting; and to them November is a desolate and gloomy month, bringing with it low spirits, wandering pains, teazing coughs, rheumatism, toothaches, loss of appetite, inflammations, typhus, and other fevers. The best preventives we know for these is to defend the skin from chill and damp by proper clothing, and to seize every favourable glimpse of sunshine and dry weather to be out of doors. It has been well observed, that if we do not get enough of fresh air and exercise, the blood becomes darker and darker, for lack of oxygen as it is *supposed*, and that it flows more sluggishly. This soon tells on the nerves and the animal spirits, and produces languor, listlessness, disinclination to all motion or exertion, melancholy, gloomy prospects, hatred of life, and often leads to suicide itself. The constitution is of course much debilitated; exertion becomes labour, and active labour is almost impossible; the head feels heavy, the stomach full and loaded, and the looks are peevish and downcast.

We speak of cities, and those engaged in sedentary employments. The jolly farmer and the healthy sportsman are exempt from most of these complaints, and are chiefly liable to gout, rheumatism, colds, and inflammation, which copious bleeding, and a starving diet of gruel and slops, will in most cases subdue. In such cases, low spirits and drowsiness, more usually precede a fit of gout than of suicidal melancholy. To those who are liable to winter coughs, or to slight degrees of asthma, we recommend the following:—

Pills for Asthma and Winter Cough.

Take sixty grains of extract of white poppies,
a sufficient quantity of simple syrup.

Make into one dozen pills, one to be taken three or four times a day. They are also excellent in the second stage of hooping cough.—Or,

Mixture for Asthma and Winter Cough.

Take four drachms of syrup of white poppies,
three drachms of vinegar of squills,
four ounces of almond emulsion,
three ounces of simple syrup.

Mix in a phial, and take a table spoonful four times a day, or when the cough is troublesome; the bowels to be kept open by the prescriptions at page 86, above.

In cases of rheumatism, rheumatic toothache, and severe pains of the limbs and joints, to those who dislike Churchill's plan of hunting the pain with needles, we recommend the

Embrocation for Rheumatism.

Take three drachms of cajeput oil,
as much of camphor,
two ounces of soft soap,
half a pint of spirts of wine, or one pint of gin,
two ounces of liquor of ammonia.

Mix, and apply it to the part in pain frequently; the bowels to be kept open with tincture of rhubarb; blue pill; or Epsom salts, with senna, as above, and additional warm clothing put on. Above all things, beware of too copious bleeding in rheumatism, as this has a tendency to drive the disease to the heart, rather than to remove it; and of late bleeding in rheumatism has therefore proved often fatal in the hands of the incautious.

Prevention of Suicide and Melancholy.

To find a preventive for any disease we must discover its causes, try to remove them, and obviate the effects already produced. The November causes of the melancholy, and the low spirits which lead to suicide, we have already seen in the want of exercise, and perspiration checked by cold and damp, producing dark and sluggish blood; but fortunately for many, it is only when these causes are aided by others, that the consequences become serious. Dr. Falret, of Paris, has ranked among these—hereditary disposition, errors in education, the influence of the passions, certain gloomy tenets of religion or rather superstition, great reverses of fortune, but above all, idleness and indulgence in sensual gratifications and luxury. In Britain, we know of no causes more prevalent than excessive attention to business among merchants, statesmen, and speculators, and excessive study among literary men. These causes, we fear, are seldom to be controlled; but when the relations of a person of habits of intense application to any subject find him low spirited and gloomy, they should take timely alarm, and lead his mind, if possible, to variety, by amusements; and above all, by travelling, change of scene, or pleasing exercise out of doors,

such as hunting or fishing. The cold shower-bath should also be tried, or what is still better, and in every body's reach, the head should be held over a large bason, and two or three gallons of the coldest water poured over it from a jug every morning and evening. The bowels should also be carefully kept open as above directed, or by the following:—

Bolus for Suicidal Melancholy.

Take one scruple of powdered bryony root,
three grains of blue pill,
and a sufficient quantity of syrup.

Make a bolus, and follow it in two hours by three drachms of Epsom salts, dissolved in camomile tea, to work it off.——Or,

Decoction for Suicidal Melancholy.

Take two drachms of black hellebore root shredded,
as much tartrate of potass,
half an ounce of senna leaves;

Boil in a pint of water, till reduced to ten ounces, strain, and add six drachms of syrup of buckthorn.

Two or three spoonfuls every fourth or sixth hour, till the bowels are opened. His clothing should also be attended to, as directed page 128, below; and we particularly recommend silk to be used in every part of the dress, as nothing will contribute more to good spirits.

If, in spite of this treatment, the melancholy increases, the head must be farther cooled by applying around it a cataplasm of pounded ice, in form of a night-cap. Some physicians put the patient in a warm hip-bath while the ice is applied to the head. Bleeding, blistering, emetics, opiates, are all very doubtful remedies, and should only be had recourse to under good medical advice, as they often do harm.

Above all, we should dissuade most strongly from losing blood, those who feel heavy, lifeless, and low spirited, and who are but too apt to fly to blood-letting, under the erroneous notion that it is too much blood weighing down their spirits. In such cases blood-letting will, for the most part, aggravate the melancholy. A single blue pill will often avail much.

As we write for families and paren s, we beg their serious attention to one chief cause of suicidal melancholy, namely

Errors in Education,

and reading unprincipled books. Dr. Falret justly remarks, that the opposite extremes of severity and indulgence in youth are most fertile sources of suicide in after life. For if a boy be indulged in every whim and caprice while at home; if he be allowed to rule and domineer not only over domestics, but even over his parents themselves (a case, unfortunately, by no

means rare), what is to be expected of him when he mixes with the world, and finds nobody will allow him to have his own way, or to exhibit his tyrannical habits? and when, instead of indulgence, he meets with affront and opposition, and instead of excuses for his follies and his crimes, finds accusations and criminal charges brought against him?—Is it to be wondered at that such a boy will run headlong to suicide, when he is buffeted about among those who care not for his darling self, hitherto the uncontrolled sovereign of the actions and looks of those around him? Is it to be wondered, that he will retire from the scene where he meets with nothing but rebuff and neglect, to fret in solitude, to sink into melancholy, and at last to commit suicide in desperation?

On the contrary, when severe measures are employed to curb the propensities of youth, the young heart is broken and ruined, and the spirit of manliness is crushed down to slavish terror, which trembles at the parent's frown, and never dares relax into the smile of cheerfulness. The poor boy becomes melancholy and listless, and flies to solitude to escape unfeeling and erroneous severity. He broods in silence over his misery, and in all probability will at last put an end to his unhappy life.

These are extreme cases, but they are not exaggerated, and we hope they will prove a warning and a lesson to all parents and guardians, who have it partly in their power to avert one of the most terrible crimes which can disgrace humanity. Another leading cause of suicide—the reading of unprincipled books—we shall again advert to in a paper on the Diseases incident to Novel and Romance Readers.

Clothing for November.—Utility of Silk Waistcoats, &c.

The power of electricity over the body is well known; in fact, we can never enjoy health nor comfort without a proper portion of it in the system. When this portion is deficient, we feel languid and heavy, and very foolishly pronounce a libel on the blood, which is quite innocent, while we never suspect the damp atmosphere for robbing us of our electricity. Yet so it is. In dry weather, whether it be warm, cold, or frosty, we feel light and spirited; because dry air is a slow conductor of electricity, and leaves us to enjoy its luxuries. In moist or rainy weather, we feel oppressed and drowsy; because all moisture greedily absorbs our electricity, which is the buoyant cordial of the body.

To remedy this inconvenience, we have only to discover a good non-conductor of electricity to prevent its escape from the body, and this we have in silk, which is so excellent a non-conductor, that the thunder-bolt, or the forked lightning itself,

could not pass through the thinnest silk handkerchief, provided always that it be quite dry. Those, therefore, who are apt to become low spirited and listless in damp weather, will find silk waistcoats, drawers, and stockings, the most powerful of all cordials. Flannel is also good, but nothing so powerful as silk. Wash leather is likewise a non-conductor of electricity, and may be used by those who prefer it. But silk is by far the best, and those who dislike to wear flannel next to the skin, will find equal benefit by substituting cotton shirts, drawers, and stockings, with silk ones over them; or where more heat is required, flannel ones between the cotton and the silk, for the silk should always be outermost. We like to give reasons for our advice, and our readers may depend on the philosophy of these recommendations: we can answer for their being practically correct. Silk, indeed, should be used in every possible way by the weak—in the linings of sleeves, in the stiffeners of neckcloths, and even in the entire backs of surtouts, cloaks, mantles, and in the coverlets of beds, &c.; and where health is in question, it will in the end be found to be the most economical stuff that can be used, as it will save many an apothecaries' bill. When it may be a principal means of preventing consumption, rheumatism, gout, inflammations, melancholy, madness, and even suicide itself, no expense ought to be spared.

Practical Plans of Family Expenses and Economy.

One of the most practical and certain methods of saving in household expenditure, for those who pay ready money, is always to purchase their articles in quantities, and never, when they can avoid it, in the small. By following this plan, and by going to the wholesale warehouses, you will save from ten to twenty per cent. on many articles of family consumption. Potatoes, for example, should always be laid in at the beginning of winter, sufficient to serve the family till midsummer. Tea also, and sugar, and rice, and candles, may thus be purchased advantageously, as well as a winter stock of apples for pies, &c. In Scotland, where economy is more practised, perhaps, than in most other countries, the poorer cottagers usually lay in for winter, besides their potatoes, a cheese, a tub of butter, a quantity of salted beef or mutton, with sausages, white and black puddings, &c., several bushels of oatmeal, and a load of coals. The mechanics, however, though their wages are higher, are seldom so provident, and usually purchase on credit from small shop-keepers, at a high rack price, which reduces their income often one third or more.

Weekly Plans of Family Economy, No. IV.

For a Man who has Thirty Shillings a Week, and a Wife and three Children, and pays Ready Money.

	£.	s.	d.
Amusements, being excursions, merry-making, &c.	0	1	6
Baker, for bread, flour, and bakings	0	4	6
Brewer, for table beer, being half of a 4½ gallon cask	0	1	3
Butcher, for beef, mutton, &c., averaged at	0	4	6
Chandler, for candles, soap, starch, &c.	0	1	0
Cheesemonger, for butter, cheese, bacon, and eggs	0	2	0
Chemist, for medicine occasionally	0	0	5
Coal-merchant, for coals, wood, &c.	0	2	0
Green-grocer, for vegetables, fruit, &c.	0	1	6
Grocer, for rice, sugar, tea, salt, pepper, &c.	0	2	6
Haberdasher, tailor, shoemaker, &c.	0	3	0
Landlord, for rent of house or rooms	0	2	0
Milkman	0	0	10
Saving, or incidental expenses	0	2	6
Clear of all debt	£1	10	0

We make the same remark here, as in No. 1., that whatever saving is made must be taken from the half-crown allowed for incidents, or from such of the other items as it can be best spared, which must depend on the desires and habits of the parties.

Weekly Plan of Family Economy, No. V.

For a Gentleman having 500l. a Year, and a Wife, two Children, two Maid-servants, and a Boy, and who keeps a horse.

	£.	s.	d.
Amusements, excursions, books, music, parties, &c	0	5	6
Apothecary	0	2	0
Baker	0	7	0
Brewer and Wine Merchant	0	10	6
Butcher	0	14	0
Chandler	0	3	6
Cheesemonger, for butter, cheese, hams, &c.	0	8	0
Coal-merchant	0	6	6
Education of Children	0	8	0
Fishmonger	0	6	0
Green-grocer, for vegetables and fruit	0	5	0
Grocer, for tea, coffee, sugar, spices, &c.	0	12	0
Italian warehouse, for pickles, tongues, &c.	0	1	6
Haberdasher, tailor, shoemaker, &c.	1	1	0
Horse's food, shoeing, duty, &c.	1	0	0
Landlord, for rent, taxes, &c.	1	0	0
Milkman, for milk and cream	0	2	6
Carried forward	£7	13	0

Brought forward	£ 7	13	0
Pocket Money	0	10	0
Servants	0	10	0
Weekly expenditure,	£ 8	13	0
Annual expenditure,	£ 449	16	0
Annual saving,	£ 50	4	0

Those who have a stable attached to their house will be able to save something in the expenses allotted for keeping the horse; the mere food of which will not come to more in average years than nine shillings a week. For about fifteen pounds additional, including duty, repairs, turnpikes, &c., a one horse chaise, tilbury, or gig, with less than four wheels, may be kept.

The Process of Digestion explained, with Experiments on Beef, Mutton, Pork, &c.

By Sir A. Cooper and Dr. W. Philip.

Good living can only be enjoyed, when we regulate our eating and drinking on scientific principles; when we follow, in a word, the philosophy of health, and humour the stomach according to its powers and habits. We have already laid down the laws of eating scientifically at page 10, and the art of increasing hunger at page 103, and shall now come to the main process—the action of the stomach in digestion.

The stomach of a man is capable of holding from three pints to three pints and a half, though by eating or drinking inordinately, it may be stretched out so as to contain somewhat more. While it is filled with food or drink, both ends of it are closely shut, and the fuller it is, the more firmly are its outlets contracted*. When it contracts, its inner coat is puckered up into wrinkles.

The theories which have been invented to explain the process of digestion, have been almost as numerous as the writers upon it. Hippocrates, about two thousand years ago, thought that the food was softened by a sort of putrefaction. Galen, disliking this doctrine, ascribed the effect to something like the ripening and softening of fruits beneath a summer sun, by the great heat of the stomach. Pringle, again, thought digestion similar to fermentation; Haller, to maceration; and Borelli and Keil, to the mechanical action of the stomach grinding and

* Magendie, Précis Elementaire de Physiologie.

bruising the food. During the reign of all these fanciful suppositions, they were ignorant of the existence of a solvent fluid in the stomach, which was first hinted at by Cheselden, and afterwards proved to be the principal agent in digestion, by the experiments of Reaumer, Stevens, and Spallanzani.

The solvent fluid of the stomach, called the gastric juice, is very similar to the saliva of the mouth, being thin, transparent, without smell, and almost without taste. In animals which feed on grass, it is slightly alkaline; in animals of prey it is slightly acid; but in man it is, when healthy, neither acid nor alkaline. Besides its high solvent power, which sometimes acts on the stomach itself after death, it has the property of rendering in a short time the most tainted and putrid substances perfectly sweet. Dr. Fordyce forced dogs to eat meat which was putrid and rotten, and on killing them a little afterwards he found the putrescency quite corrected.

We are indebted to the experiments of Dr. Wilson Philip for a more minute account of the process of digestion, than can be obtained from previous researches. He found, by opening the stomachs of animals which had taken food after long fasting, and under other variations of circumstances, that the gastric fluid has little effect on the portion of food which is not near or touching the stomach; and it consequently follows, that only the thin portion of the food which is spread over the stomach is digested, and the rest has to wait its turn. When this thin layer of food is thus digested, the stomach has the singular power of moving it forwards to make room for another layer, by contracting very much in the same way as a worm does when it crawls. This passage of the digested food is of course greatly aided by the wrinkles already mentioned on the inner coat of the stomach.

On examining, accordingly, the stomachs of animals which have recently taken food, the new food is never found mixed with the old; the new being always in the centre, and surrounded on all sides by the old, and the line of separation being perfectly evident, so that the new food might be removed without disturbing the old.

Another fact of great importance is, that the stomach is incapable of digesting food when it is diluted with water, beer, wine, or any other fluid, which must all be removed before digestion can proceed. This was proved by the fact, that in opening the stomachs of animals, the food is always found comparatively dry in proportion to its distance from the entrance into the stomach, and when it is passing out of the stomach in a digested state, it is uniformly in the form of a thickish paste, whatever may have been the quantity of drink previously taken. The fact, indeed,

might have been inferred, from knowing that it is only the food near to the surface of the stomach which is digested; for if so, any kind of liquid will dilute and wash away the gastric juice from its proper place of action.—*(See our Article on Starvation from Nourishing Soups, page* 18, *above.)*

It is to be remarked here, that whenever there is a superfluous quantity of liquids in the stomach, that it is endowed with the power of speedily removing them. Liquids, however, do not pass from the stomach along with the food, for they are never seen at its termination, but always at its entrance; and a still stronger proof of the fact we mentioned at page 19, above, that M. Majendie actually tied the termination of the stomach in dogs, and though he caused them to drink, the fluids escaped as quickly as if it had not been tied. It follows, of course, that they must run through the coats of the stomach itself, by means of the numerous absorbent vessels which open upon its inner surface to drink up the superfluous fluids, but which do not act upon solid food.

When all unnecessary liquids therefore are thus removed, the more solid parts of the food are reduced to a greyish paste, called *chyme*, which is moved along to be passed out of the stomach, to undergo another important process before it be introduced into the blood, as we shall afterwards see in our article on the bile.

Sir Astley Cooper's Experiments on Beef, &c.

We here see Sir Astley in a more favourable light than in his observations on Mr. Earle; and trying to discover, like a genuine philosopher, the digestible properties of food. In these experiments, the raw lean meat was cut into a particular form and weighed; dogs were then made to swallow it without chewing, and after a space were killed, and the meat taken from their stomach and again weighed, the loss of weight indicating, of course, the quantity digested.

Exp. 1.—Four dogs were severally made to swallow 100 parts, long and narrow, of pork, mutton, veal, and beef. On killing them an hour afterwards, the pork had lost 10 parts; the mutton 9; the veal, 4; and the beef none.

Exp. 2.—Four dogs were made severally to swallow the same portions of the same meats, and were killed in two hours. The mutton had lost 46 parts; the beef, 34; the veal, 31; and the pork, 20.

Exp. 3.—Four dogs had the same quantities, and were killed in three hours. The pork had lost 98; the mutton, 87; the beef, 37; and the veal, 46.

Exp. 4.—Four dogs had the same quantities, and were killed in four hours. The pork was wholly digested; the mutton had lost 94; the beef, 75; and the veal, 69.

Exp. 5.—Four dogs were severally made to swallow 100 parts, long and narrow, of beef, rabbit, cod-fish, and cheese. They were killed in two hours, when it was also found that the beef had lost none; the rabbit, none; the cod-fish, 74; and the cheese, 29.

Exp. 6.—Six dogs were severally made to swallow 100 parts of muscle, skin, gristle, sinew, bone, and fat. They were killed in four hours, and it was found that the fat was all digested; the muscle had lost 36; the skin, 22; the gristle, 21; the sinew, 6; and the bone, 5. In another experiment, the whole of the bone was digested in six hours.

It appears from this, that dogs can most easily digest pork and fish. It is somewhat different, however, with the human stomach, for both mutton, beef, and veal, are more easily digested than pork; that is, when it is highly seasoned and mixed with fat. The experiments we hold to be highly important, and they do credit to Sir Astley's accuracy and persevering research; which we shall always be among the first to record, though we shall be equally ready to condemn his vituperative works.

Desk Diseases, as contracted in Counting-Houses, Libraries, and Public Offices.

As a very numerous class of our readers are much employed in writing during a great part of the day, we cannot, we think, take up a more interesting subject for them than the diseases incidental to sedentary occupation at the desk. The subject is a very extensive one; but we hope, by a comprehensive arrangement to be able to embrace all the practical parts of it in the present and a few subsequent articles, which shall appear in due time. The want of healthful exercise is common to those who are much employed in writing, and to many others; but what is chiefly peculiar to writers is the position of the body, and the close attention of the mind, which give rise to obstructions of the liver, spleen, kidneys, and bladder; weakness and diseases of the stomach; feebleness of the limbs; stagnation of the venous blood, causing piles; ulcers in the lower extremities, fistulas, and a crowd of other ailments of debility: not to speak of diseased eyes, alarming headaches, giddiness, deafness, palsy, impaired intellect, low spirits, melancholy, and even madness itself. Of all these, and other diseases arising from assiduous

occupation at the desk, we shall treat fully and practically, and point out both the means of preventing their attacks, and of curing them when they have begun. We shall begin with a class of *Desk Diseases*, to which, we fear, sufficient attention in this point of view has not been given—we mean

Disorders of the Urinary Organs—the Kidneys—the Bladder, &c.

The usual position of the body in writing, is extremely unfavourable to the healthy functions of all the organs below the chest, as well as to those of the chest itself, and to none more than the kidneys, the bladder, and all the other organs connected with them; and hence the occurrence of retention or of incontinence of urine, gravel, stone, diabetes, mucous discharges, strictures, and pains and inflammations of the kidneys, the bladder, &c., so frequent among accountants, clerks in the public offices, and men of letters. We deem it of the more importance to take up this subject first in order, that the unhappy sufferers are usually influenced by motives of delicacy not to take any advice till their complaints are, perhaps, too far gone to be easily cured, and too often, in the end, put themselves under the hands of quacks, who promise a speedy cure, but for the most part aggravate the complaint, or kill the patient with poisonous nostrums.

Next to the unhealthy position of the body, the principal cause of urinary diseases among those much engaged in writing and accounts, is the *not attending to the calls of nature*. The mind becomes so absorbed in the business of the desk, that the call is once and again resisted; and according to the press of affairs, this inattention to nature is repeated day after day, and week after week, till the irritation of the bladder brings on some troublesome disease, either in itself, or in the kidneys, or other parts connected with it. A fatal case of this kind came lately under our observation. Mr. W——, a young man in a banking house, engaged so intently in detecting an error in a balance, that he neglected to make water for ten hours, and then he found it impossible, probably from a spasm producing a stricture; and notwithstanding every means which could be devised for his relief, he died on the fifth day. Many other cases of various severity we have seen arise from the same cause; some creating hourly alarm, others excruciating agony, and so terrible indeed are the sufferings sometimes caused by these diseases, that death is hailed as a blessing by the unhappy sufferers. We hope that our readers—thus put upon their guard—will endeavour to avoid at least this one cause of so much evil and distress, and be attentive to all such irritations of the urinary organs. The evils arising from the position of the body, are best ob-

viated by *daily* riding on horseback for about one, two, or three hours, which brings all the urinary organs into healthy action, and tends to remove obstructions, and the consequent irritation.

When any complaint arises that excites alarm in the patient, either from troublesome pains, unusual appearances in his urine, mucous discharges, &c. we intreat him, as he values his health, not to lose time through false modesty, but forthwith to apply to some judicious practitioner, who may, perhaps, easily remove at first what would become incurable. In the meantime we shall present our readers with a few simple and efficacious prescriptions, which they may try without fear of danger, if false shame prevent them from taking medical advice.

Prescriptions for Pains in the Kidneys.

Put six ounces of white poppies bruised, into six
pints of rain water.

Boil down to a quart, strain, and press out the juice of the heads of the poppies. Foment the parts above the loins with it while it is hot; and if this does not relieve, the warm hip bath may be tried. Then

Dissolve one ounce of gum arabic, in two pints
of warm barley water.

To be divided into four draughts, and taken as occasion requires.

Prescriptions for Irritation of the Bladder.

Infuse half an ounce of dried peach leaves, in a pint
of boiling water.

A wine glassful three or four times a day.

Or,

Boil one ounce of the leaves of uva ursi, in a pint
and a half of water till it is reduced to a pint.

An ale glassful to be taken three or four times a day; while the warm hip-bath, and the above fomentation of poppies, may be also used with great advantage.

Prescriptions for Mucous Discharges.

Take two drachms of the sulphate of zinc,
and a sufficient quantity of common turpentine.

Make into five dozen pills; one or two to be taken night and morning.

Or,

Mr. Cline's Pills for the same.

Take two drachms of common turpentine,
one drachm of powder of rhubarb.

Mix and make into pills of five grains; two or three to be taken thrice a day, in a glass of peach leaf infusion, or of uva ursi decoction, as above.

Or,

Copivy Mixture.

Powder two drachms of frankincense, and mix with
half an ounce of balsam of copivy; and the whole with

an ounce and a half of gum arabic mucilage: add
half an ounce of simple syrup, and
five ounces of cinnamon water.

Mix, and take three table spoonfuls thrice a day.

Prescription for Gravel.

Take two drachms of liquor of potass;
six ounces of lime water.

Mix, and take one or two table spoonfuls three times
a day in a cupful of beef tea, or veal soup.

Prescription for Incontinence of Urine.

Take from fifteento thirty drops of tincture of cantharides in
a wine glassful of infusion of peach leaves, or
a wine glassful of decoction of uva ursi.

To be repeated three times a day. Or,

Mr. Cline's Prescription for Retention of Urine, from Strictures, &c.

Take ten drops of the muriated tincture of iron,
in a glass of water.

To be repeated every quarter of an hour, till effectual.

Prescription for Strictures and Spasms of the Urinary Organs.

Take four ounces of the fresh leaves of belladonna,
bruised in a marble mortar;
the same quantity of prepared lard.

Beat them up well, melt over a gentle fire, strain through a cloth, and keep stirring till it is perfectly cold. Apply this ointment externally, night and morning, to the parts affected; or it may be had, ready made, at the druggist's, under the name of belladonna ointment. The muriate of iron may also be tried as above, or the tincture of cantharides; and occasionally, the warm hip-bath, and the fomentation of poppies.

By observing the directions for regular exercise, attending to the calls of nature, and by living temperately, avoiding cider and *hard* malt liquor, and occasionally using the above prescriptions according to the symptoms, we hope that all of our readers who are exposed to urinary diseases from much business at the desk, will have reason to be grateful for our simple directions.—The other classes of *Desk Diseases*, enumerated above, we must leave for a future page.

Economy of the Eyes, or the Art of Preserving the Sight good from Infancy till Age. By Professor Beer, of Vienna.

A little care and caution would often save us a world of future trouble; but the worst of it is, few can be persuaded to take care of their health till it be lost; and fewer still will do

any thing to save their eyes till their sight be injured beyond the repair of all eye-salves and eye-washes. Well, let the careless suffer; but we shall not leave *our* readers the plea of ignorance, for we feel it our duty, as Mr. Irving has it, to "ring woe and doom" into the ears of all who neglect our precepts, the doom namely of blindness, and the woe of bad eyes in the dreary period of old age, when friends are gone and the world is a blank.

The foundation of bad eyes, says Professor Beer, the Newton of oculists, is most frequently laid in the first weeks and months of infancy, by incautiously exposing the eyes to glaring light, and producing inflammation and all its various train of specks, clouds, cataracts, and total blindness. If you carry an infant into the sunshine, or into bright light, it instantly cries from the irritation of the light on its tender organs; but this tells nothing to the ignorant nurse who has her nostrums in readiness whenever the poor baby's eyes are red, swoln, and oozing with humour. The most injurious custom also of holding a candle or a mirror near the infant to see it take notice, as it is called, very often is the cause of severe inflammation, and loss of sight, and if the child escape this, it most probably has its eyes strained into an incurable squint. In more advanced childhood, the eyes should be cautiously habituated to look at distant objects, in order to avoid the defect of near-sightedness, now so common among the upper and middling ranks, from the absurd practice of confining children so much to nurseries and school-rooms, and preventing their getting out into open day.

When children are fit for school, no judicious parent would wish them to be crammed with education, till their minds become as pampered and bloated as the unsightly corpus of a glutton. Yet such seems to be the order of the day, and the eyes of children are strained to very aching with hourly tasks of poring over twenty different sciences, which they may indeed be taught to smatter and parrot, but which it is utterly impossible they can ever learn. Many a fine girl has had her sight in this manner most cruelly sacrificed, by being compelled to strain her eyes for many hours daily in poring over music; while it was denied her to refresh her sight with the "greenery" of nature, except in the absurd funeral-like processions which have very aptly been called the "*walking advertisements*" of boarding-schools. The eyes in youth must never be fatigued, says Beer, till the body acquires strength. For if children are put to close study when the body is weak, the sight is in the utmost peril of being destroyed, and that before the parents are aware of the danger. We have given one very effectual and easy mode of

protecting, strengthening, and beautifying the eyes, at page 33, above.

Our rule then amounts to this, that economy of the sight in infancy and youth is the best guarantee of its strength, in manhood and old age. Even in manhood and middle life, we should look forward to the period when the lustre of the eye will be dimmed with years, and endeavour to spare the sight from idle or unnecessary fatigue; or if this has at any time happened, to take means, without delay, to restore it to vigour. Of all other means of refreshing the fatigued eye, sleep is the most powerful; and when you have been exposed over night to the glare of gas, or the sparkling of gilded or crystal chandeliers, while at the same time you were robbed of several hours of your accustomed sleep—let no urgency of business (if you value your eye-sight) tempt you to get out of bed till your eyes feel refreshed, and if any stiffness or smarting remain, lave them and the forehead with the coldest *soft* water you can procure, or have some poured over your head, as directed at page 127 above. If the smarting still remains after this, accompanied with a redness or swelling, and a feeling as if sand had got within the eye-lids, you may try the following

Anodyne Eye-Water, for the Morning after a Party.

Put forty drops of the sedative solution of opium * into
four ounces of elder flower water, and add
three drachms of the *best* acetated liquor of ammonia.

Mix, and dip into it a piece of fine linen and apply it to the eye, allowing some of the water to get within the eye-lid, and it will soon relieve you from uneasiness. When this is not at hand, put two tea spoonfuls of brandy or laudanum into a wine glassful of water, and use it in the same way.

We think the subject of the eye-sight of so much moment to our readers, that we shall soon recur to it in a series of practical articles, derived from Beer, Scarpa, Saunders, Wardrop, Travers, Sir W. Adams, Guthrie, and the able unpublished lectures on the Eye, now in the course of delivery by Mr. Lawrence.

Qualities of Wheat, and the Method of Analysing it.

A grain of wheat is mechanically composed of an outer rind, or skin, which is called bran; a layer of a soft, sweetish substance, constituting about half of the grain, which is not easily ground to a fine powder, and forms the coarsest of the flour; and the kernel or heart, which is hard and mealy, is easily

* Liquor opii Sedativus, to be had at Mr. Battley's, Fore Street, Cripplegate, London.

ground, and forms the finest part of the flour. The chemical elements of wheat, are, starch, gluten, and a sweet mucilage, the proportions of which vary considerably, according to the season, or to the sorts of wheat.

The method of analysing wheat is to form the flour into a stiff paste and knead it under water till it become grey, and somewhat semi-transparent; then let a small stream of water play upon it, while it is thoroughly kneaded. The paste will now be the *gluten*, of the wheat; the starch will fall to the bottom of the water; and the mucilage will be procured in the form of a syrup, by evaporating the liquor in a warm place. By this method the proportions of each of these substances in any specimen may be easily and pretty accurately ascertained. Good English wheat flour contains about a fourth or a fifth of gluten.

Qualities of Bread, and the Method of Analysing it.

Chemistry has been completely baffled in tracing the *rationale* of the changes produced upon flour during its conversion into bread. All that is known amounts to this, that bread is so much changed during the process of baking, that neither starch nor gluten, nor mucilage, the original elements of flour, can be separated from it, and that it will no longer form a tenacious paste with water. It is known also that most, if not all of these changes are produced by fermentation, but whether this be the vinous, the acetous, or the putrefactive, or a simultaneous combination of all three, chemists are not agreed. One thing is certain, that the lightness, sponginess, or porosity of bread depends on the formation of gas by the fermentation of the dough, for this gas being driven off by the heat of the oven, leaves the parts which it occupied quite empty. From knowing this fact, some bakers, in order to make spongy bread from inferior flour, which will not of itself produce a sufficient quantity of gas, add a quantity of subcarbonate of ammonia to the dough—a fraud which cannot be detected in the bread, for the whole of the drug escapes in the form of gas, during the baking.

Another substance which is well known to be used in improving the appearance of bread made from inferior flour, is alum, which has the effect not only of bleaching the dough and making it whiter than the best wheat could render it, but it also makes it retain more water, makes it keep longer, and enables the baker to make his bread of full weight, though there may be a deficiency in the real weight of the flour. The quantity of alum used is from three to four ounces to the sack of flour of 240 lbs. or from 6 to 10 grains per quartern loaf.

Much and justly as this practice is reprehended, we cannot

altogether join in the popular outcry respecting the deleterious qualities of alum. It is prescribed in medical practice as an astringent, in doses six times as great* as any individual can well take it in bread, and in small doses it must act as an astringent tonic on the stomach and bowels. It will therefore only prove injurious to persons of a costive habit. It is more the passing off bad flour, for good, by means of alum that ought to be reprehended, than any injury which might result from the alum itself. The baker seldom mixes his flour with alum, this is previously done by the mealmen, who sells the mixture under the name of *sharp whites.*

It is not an easy process to analyse bread; but it may be done by boiling a little bread in distilled water, filtering the liquid, evaporating part of the water, and dropping into what remains some dissolved muriate of barytes. If there is alum in the bread, a copious white precipitate will fall down, which will not dissolve in *pure* nitric acid.

Bread, though highly nourishing and wholesome, when it is eaten too freely, is apt, in weak constitutions, to produce indigestion with costiveness, flatulence and viscidity. New baked bread, and particularly hot rolls, muffins, and crumpets, contain a portion of indigestible paste which is rendered still more so by butter, and consequently is less nourishing than bread, which is mellowed by at least a day's cooling, or, when that is inconvenient, by toasting. Hot pie crust and other pastry is still worse, and in weak stomachs will often produce flatulence and severe colic. The robust may indulge in these without much inconvenience, but it will always be at the expense of their strength. The brown crust of bread is more heating and less nourishing than the soft crumb. The French eat twice as much bread as any other nation; and hence, says the Almanach des Gourmands, are more healthy than the Germans and English. (*Tom.* III. 245.) Is it so?

To those who relish it, plain biscuit made without butter is esteemed more digestible and less flatulent than bread; and we have no doubt that in the instances of longevity recorded of the eastern hermits †, when the diet was nearly confined to bread and water, the bread was either well leavened, similar to our biscuit, or very coarse. The advantage of coarse bread is, that, though it contain less actual nourishment in a given bulk, it is more easily digested and never produces costiveness. Those

* The medical dose of alum is from five to forty grains. Thomson's London Dispensary.

† See Cheyne on Health, chap. II. A very good little work.

who are fond of drawing arguments from the dreaming fancy of natural food would say that nature intended we should use the *whole* wheat, bran and all; and not to select the kernel only: the rage for this wild theory might possibly even suggest the propriety of grinding the chaff also among the flour, in order to conform to nature!!! *(See page 64 above.)*

The best test which we know of good bread is, that it will keep for several days without becoming dry, hard, or husky. If it does so within one or two days, it is a certain indication that it has either been adulterated with potatoes, &c., or under-baked to make it retain a large proportion of water. When potatoes are mixed with the dough, as is often more or less done by bakers, the bread will very soon become husky, mawkish and dry.

(See Dr. Ure's Chemical Dictionary, and the Supplement to the Encyclopædia Britannica, Article, *Bread.*)

To Make Good Family Bread.

Our intelligent correspondent E——, of Kingston-upon-Thames, has sent us the following receipt, proved by long experience in his own family.

Take twelve pounds of fine flour, five pints of water moderately warm but not hot, half a pint of liquid yeast, four ounces of salt. With a whisk, mix the yeast well with about a quart of the water; dissolve the salt in the water that remains; and gradually pour both fluids over the flour, kneading it till well mixed. Let the dough stand four or five hours till it reach the highest point of rising, when it may be formed into loaves, and immediately placed in the oven, the heat of which should be tested by a bit of parsley, &c., as directed page 121. The oven must be closely shut, and not opened till the bread is fully risen, which will be from two to three hours. If the oven be opened sooner, the bread will fall and be heavy.

[The receipt given in his work on Bread, by Accum, now professor of Chemistry in the University of Berlin, is considerably different. Editors.]

Diseases Incident to Bakers, and Pastry-Cooks, and the Means of Preventing or Curing them.

We think it due to society, as well as to a very numerous and respectable class of tradesmen and their assistants, to take up the subject of this paper. The health of bakers as well as of other tradesmen, is on the Continent strictly attended to by the police; but here, where this is looked upon with public indifference, we beg to call attention to it, and chiefly for the ad-

vantage of the parties themselves. Bakers, pastry-cooks, and millers, then are of course liable to most of the diseases common to other men, but their peculiar avocations render them more easily affected with some than others—a few of these are, we are sorry to say, incurable, or at least very intractable—a thing which renders preventive advice of more importance, were it but possible (and it seldom is) to get people in health to listen to it.

One of the principal causes of disease among bakers, pastry-cooks, and millers, is their taking in with the breath the light particles of the flour, which floats in the air around them. This consequently passes into the throat, the lungs, and perhaps also into the gullet and stomach, and combining with the saliva and tough mucus of these parts, forms a tenacious paste that adheres firmly to the inner surface of the throat, the windpipe, and the lungs, causing troublesome coughs, wheezing, hoarseness, difficulty of breathing, and even asthma, and incurable declines. The cause, it must be confessed, is partly unavoidable, for there is no practical method of preventing the particles of the flour from filling the air . It is, however, more in some parts of the processes than others; and those who are careful of their health should, on occasion, cover the mouth and nose with a piece of thick gauze, cambric, or book muslin. This advice we expect not to be much followed; but when hoarseness or cough comes on and gives trouble, we stand a better chance to be listened to. Then the first thing to be done, is to loosen and remove the irritating paste adhering to the lungs or throat, which is most effectually done by the

Emetic Mixture for Coughs and Hoarseness.

Take half a drachm of powdered ipecacuanha,
one grain of tartar emetic,
one drachm of tincture of squills,
six ounces of *distilled* water.

Mix, and take four table spoonfuls; and two more every fifteen minutes till it operate.—or by

Dr. Bree's Expectorant Draught for Coughs.

Take ten drops of tincture of squills,
six drops of diluted nitric acid,
three grains of extract of henbane,
an ounce and a half of pure water;

Mix for a draught, to be taken every three hours.

To clear the mouth and throat, a gargle of vinegar and honey, or of water with a little nitre in it, should be repeated morning and evening; and the bowels kept carefully open, as directed at page 86.

The flour also collects about the eye-lashes, forms in the same way a paste with the tears and mucus, and causes very troublesome disorders of the eyes. The best preventive of this is frequent washing the eyes, attentively removing all the adhering paste, and taking care not to rub them with the hands while pasty. When the eyes are inflamed, try the Anodyne eye water at page 139.

Another species of diseases incident to this class of our readers, arises from their positions of body while working, we mean diseases of the heart, known by palpitations, difficulty of breathing, sometimes with great pain, and usually by the face becoming purple, or of a leaden hue. To prevent this, care should be taken to make no violent exertion beyond the strength of the party; to avoid intemperance; and sudden exposures to cold when heated.

This leads us to another troublesome class of diseases, originating in great and sudden heats and colds, namely rheumatism, lumbago, sciatica, and toothache. The same causes also, we must not forget, tend to foster the coughs and consumptions arising from the flour. As the rheumatic class of diseases originate in the case in question in sudden suppression of perspiration, the first thing to be done, is to restore it by warm clothing, and warm drinks, and by the other means mentioned in cases of rheumatic diseases, in various parts of this work. To prevent such diseases, we would strongly advise our workmen never to venture out when over-heated, or if this cannot be avoided, to have a good warm cloak, or great coat to wrap round them. Temperance, particularly in malt liquor, we must also strictly enjoin; and we hope, for the credit of the trade, that in this country they are not as M. Garicourt says they are in France, given to quarrels, gambling, drunkenness, &c.

Dr. Stoll, an eminent German physician, remarks that bakers, and pastry-cooks, are usually short-lived, that they look aged before they are past mid-life, and that they fall speedy victims when attacked with fevers and inflammations, while their pale and sickly looks indicate the lurking seeds of consumption.

There is one other disease incident to our workmen, which we first thought, for the sake of some of our readers, of omitting, but we are assured from extensive inquiry, that no respectable tradesmen ever permits any of his men to touch a bit of dough, who is unlucky enough to have the scorbutic disease in the hands called the *Baker's Itch.* This has no resemblance to the common itch, but is a kind of scaly tetter, or scurvy, affecting chiefly the back of the hand, and arising from scorching in attending to the oven. It is very intractable and often incurable.

Its burning pain and intolerable itching may sometimes be relieved by cream, tepid milk and water, oil of almonds, decoction of bran, or by the vapour of hot water. Sea-bathing is sometimes useful; but all internal scorbutic remedies avail little. Mercury, purging, or bleeding, always do harm. Sugar of lead, or zinc washes are also hurtful.—We shall recur in a future page to this inveterate disease, which we may call the "Fire Scurvy," in our paper on the *Soap Scurvy* to which it is similar.

To Dress a Loin of Pork á lá Gourmand.

Thanks to my Lord Blayney for his hams boiled in Champaign! and do not we also deserve thanks for the following mode of dressing a loin of pork—a root from the same branch—*ed io anche*, as Raphael has it?—Choose a prime rich Chinese loin, and steep it in claret, Burgundy, or Rhenish, for eight days with a strong infusion of—onions, say we (garlic say others), and spices. Take it out, sprinkle it with savoury herbs, wrap it in bay leaves, bake it to a minute along with Seville oranges *piquées de girofle*, and serve it as hot as Dominie Sampson's Haggis, or our own devil of woodcocks.

Oysters Royal. Not by Dr. Kitchener.

Dr. Kitchener, not choosing to be taken for a footman, has publicly denied writing a book called the Footman's Directory! His next feat we suppose will be a denial of his being the author of Junius, or the Scotch Novels, or of the leading articles in the Family Oracle. The truth is *we* do entrust him now and then with a nice little "Tewhadiddle" or "Go-to-bed-Tom" article in his own line, and sometimes employ him in a friendly way to make a "Nightcap" or a dose of "Peristaltic Persuaders" since he has given up selling them, or to show us *how* he counts the munches he gives to his mutton, before he sends it "down the red lane;" or to exhibit his teeth, fresh cleaned by Edmonds *, "tickling an oyster to death †." But for a prime rich article on good-living, Dr. Kitchener must excuse us: Only two ways of dressing Oysters! Bless the man, he does not seem to be out of his alphabet! only two ways of dressing oysters, and five ways of dressing eggs! For shame Doctor! to school—to school again—say we, and learn that there are fifty ways of dressing an oyster, and five hundred of dressing an egg, as we shall show in due time. Only two ways of dressing

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* See the Doctor's Peptic Precepts, p. 296. † See the Doctor's Apicius Redivivus, No. 181.

oysters, and both execrably bad. Go to; go to; learn of us, gentle reader, the genuine receipts of good living, and pitch Apicius Redivivus up to the neck into a mug of his own washy caudle, which he calls "Tewhadiddle," and there let him sing his buffoon "Go-to-bed-Tom" catches, and *fire* his "pocket pistol," till *we* have finished our problem, and then you may compare it with *his* milk-sop receipt for

Stewed Oysters.

Take a silver dish, or at least a copper one well silvered, and do over the bottom with the best Epping butter; and having opened your oysters, and picked the freshest, richest, and most juicy ones, lay them in the dish, strewing them with a little pepper, minced cives and parsley. Put to them half a glass of Champaign or particular Madeira. Cover them with slices of Epping butter, cut as thin as India paper; and again strew them over with finely grated Parmasan or ripe Stilton cheese. Place a cover over the whole dish, and set them to stew with a fire over and under them till they are of a delicious brown colour. Then uncover them, take off all the fat, clean the brims of the dish, and serve them very hot. Have your plates and also your silver knives and forks all well warmed. Steel knives and forks are absolute poison to oysters, and will destroy the finest dish.

Now what says Apicius to this, with his hash dish, his bread sippets, and his *warming* his oysters, so as to destroy all their flavour; not to mention his tammis sieve, and his boiling water sauce, and his vulgar white wine?

We promised "fried oysters" also, but we feel so sharp set and eager just to taste the stewed ones, now cooked, and—(shame on human nature!) we confess we feel a slight sensation of malicious triumph in having so completely foiled, at his own weapons too, the self-appointed dictator of English good cheer, that we must fry our oysters, and make our oyster pies, and our oyster loaves, in a future page; and as we go on we shall demolish piece-meal, in the same way, *all* the Doctor's wishy-washy and buffoon receipts, of all which he avers that he has eaten and approved!! Ah! has he so indeed? then we aver in turn, that he can have no more palate than an Ostrich—a wild African Ostrich, eager to mumble a bit of old leather, or of rusty iron, as the greatest delicacy on earth.

Boarding School Cures, for Awkward Postures and Deformities.

Nature, it seems, in the case of young ladies—and all ladies

are *ex-officio* young—is a delinquent worthy of the stocks; yet strange to say is not nature the assaultor, but the ladies, the assaulted, who actually suffer the disgrace of being set in the stocks. Is this to be endured? Is it to be suffered in merry England—that our daughters are to be condemned to the daily and disgraceful penance which has been banished from almost every parish in the empire? Be it known, therefore, to all whom it may concern, that from and after the 1st of November 1823, we declare the law of boarding-schools relating to this matter to be null and void; and be it hereby abolished, and all other statutes relating thereunto.

We assure our family readers, on the soundest principles of philosophy and physiology, that stocks, screws, braces, and steel springs, have often the very opposite effect of the one intended; and we cannot too strongly deprecate steel stays, and spring boots, and what may well be called the *uneasy* chairs, which libelously go by the name of our friend Sir A. Cooper, God help him!—we mean the ludicrous, tall, narrow seated articles common in boarding-schools, to make weak backed misses sit upright. One thing we know, that an uneasy posture will, by irritation, most certainly increase a weakness in the back, and make a habit of stooping, a matter of necessity rather than a piece of awkwardness, and whether such chairs be recommended by Sir Astley, or the gallant Sir Harry, we should propose a general rebellion of the fair ladies who are thus unpityingly tortured into deformity, for the purpose of making a *feu de joie*, of these same chairs, along with all the absurd, and injurious trumpery of back boards, shoulder braces, steel stays, and mahogany stocks. To turn the toes outward by means of stocks has every chance to produce white swellings, morbus coxarius, and lameness; and Sir Astley's chairs aided by back boards, and shoulder braces, will most certainly injure the chest and lay the seeds of consumptions and scrofula, while the want of exercise, (and there is no such thing in boarding-schools,) fearfully aggravates the evil. We say there is no such thing as proper exercise in boarding-schools, and we shall bye and by prove it. We hope the increasing good sense of parents will lead them to see the evils of such torturing machines, and banish them for ever. Follow the example of the elegant Greeks, the ease and beauty of whose forms are so much admired. They put no unnatural straps on their young ladies: all their garments were easy, loose, and floating; and the effect was seen in their every limb, and their every motion. On the contrary, we can at once distinguish among thousands, from their stiff, starched, awkwardness, the poor creatures who have been pinioned and tortured

in *uneasy* chairs, by the wicked inventions to turn beauty into deformity, and the finest forms, into rickety ugliness. We have some awful cases now before us, of the evils of this practice, and shall, the moment we can spare room, give their details to the public.

CUTTING UP A YOUNG PHYSICIAN, BY THE ROYAL COLLEGE.

Corporations are in many cases a great evil. The College in Warwick-lane may be safely said to be so; for its sole effect seems to be that of crushing, both their own licentiates, and others not less meritorious who are not licentiates, though graduates of Dublin, Edinburgh, Glasgow, or Paris. We shall put our family readers in possession of some of the facts relating to this most unjust monopoly, and the mode adopted for cutting up a young physician, in order to enable them to judge.

The fellows of the College having no exclusive right to fleece the good people of London, of fees, have a private understanding with one another, to assume and maintain it, and to prevent all others from competing in the chariot hunt after old Death. When the friends of a young practitioner, therefore, try to bring him into notice, every eye is fixed and every fang on edge, to crush him at his outset. Much of this warfare is waged by knowing looks, who-is-hes, ominous shakes of the head, exclamations of pity, and the like. As an instance in point: when young Churchill was sent for to Lord E—— to chace away his gout with the magic needles (see page 36 above), and succeeded in pinking the tormentor, his lordship soon after mentioned the miraculous cure to his Majesty. A consultation of the Legitimates was immediately summoned, but they all agreed that Churchill was nobody—that he had never been heard of—though shame on their ignorance! his book had been published more than a year;—but in short, they said, *he is not one of us.* and therefore we must keep him down. The best of the humbug was, none of them pretended ever to have heard of the needles, though if they had known their profession as they ought, they must have been aware it was as old as Confucius, and, besides, is explained at length in Mr. Cooper's Dictionary of Surgery, article *Acupuncturation.*

This is the mode of cutting up behind the curtain; but there is another device practised, of almost openly cutting up a young man to his face. The young man has a patient, who, in spite of all he can do, becomes alarmingly worse, and the friends insist upon having more advice. Some Fellow of the College, proud of monopoly, is fixed on and sent for; but he refuses peremptorily to come, because he says the young man is *not*

one of us, and the patient must either be left to his fate, or the young man be disgracefully dismissed to make room for the Fellow-of-the-fee-monopoly. Verily, this is humbug with a vengeance, for this *fellow* must have had his education at Oxford or Cambridge, *where no medical instruction is given;* and the young man his, in London, Edinburgh, or Paris, the chief schools in the world.

Frauds and Tricks at Sales by Auction.

We apologize for the second part of "London Shopping" by giving an article of similar import, and no less interest. There is not, we are convinced, a more ruinous habit than that practised by many, of hunting after great bargains at sales by Auction. Those of our *economical* readers, therefore, who may resort to this way of buying furniture, china, books, and other things, will, we are certain, thank us for the following exposure which we have partly taken from a Sunday paper. There exists it seems, in London and the vicinity, an extensive combination, which in a great measure destroys the effect of sales by public auction, generally—but it seems erroneously, considered the only certain mode of producing the real value of property. The combinations to which we allude are formed amongst brokers and others, who attend sales of personal property, for the purpose of excluding all competition by persons not in the trade, and for securing the property almost at their own price. The dealers in furniture, for instance, unite for this purpose; and at the sale of a bankrupt's effects, or furniture distrained for rent, they act with such concert, as to prevent any important competition. A private bidder may, perhaps, be inclined to purchase one particular piece of furniture; or buy in some favourite article; but no sooner is the attempt made, than the united brokers outbid him, and raise the price so as effectually to deter any competition during the remainder of the sale. Private bidders seldom try beyond a few lots; for were the competition maintained throughout, the brokers must give way. By this practice they succeed in getting a great proportion of the goods mostly at half their real value. They afterwards hold amongst themselves what they call a knock up sale, at which each takes such articles as are convenient, at a settled price, and an allowance is made from the surplus, for the high prices given for the articles, in the competition maintained with the private bidders. The furniture brokers, many of whom are low and vulgar, have another mode of getting rid of opposition, namely, by their offensive and brutal conduct, driving all respectable persons from the sale room. If any lady should attend a sale in her neighbourhood, she will

most probably soon hear such language or remarks, as will compel her immediately to quit the room. This, however, is not always practicable, and is often prevented by the spirited and determined conduct of respectable auctioneers.

But these "black bands," if we may so call them, are, at most genuine sales, above the power of the auctioneers, who in many instances are compelled to court them, and even to give them dinners. The same combinations are formed, and the same line of conduct pursued, at the sales of private collections of pictures, or books, and with the same success. The only chance which a private bidder possesses, of getting a particular lot reasonable, at such sales, is to employ one out of the band to bid for it, or (which is better) to commission the auctioneer to purchase at a certain price. A considerable exception, however, must be made with regard to particular sales; such as that of Wanstead-house, the sale of Mr. Perry's library, and others under the direction of the great auctioneers—sales, where the rank or celebrity of the owners, or the reputation of the collection, necessarily brings a crowd of private bidders. There the black bands cannot operate; but it is in the great mass of small sales of private property, which daily take place in the metropolis, sales of bankrupts' effects, goods of people of middling or humble station, seized in execution, pawnbrokers sales, and all the small genuine sales, where the harpies come and deprive the owners or creditors of the fair price that would be produced by open competition. The auctioneers suffer much by the system, as they of course receive a premium to the amount the sale of the goods produces. It is with this view of putting the public on the alert that we have thought proper to notice the system, which is generally unknown, except to those who are in the habit of attending public sales.

New Discovery in Treating Hooping Cough. By Dr. Webster.

We have hitherto been accustomed to consider Hooping cough as a disease of the chest; and to treat it with antispasmodic, cooling, and demulcent medicines. In this view of it, Dr. Webster, of Westminster, thinks we are altogether wrong, hooping cough, according to him, being a disease the seat of which is in the *head*, and to be therefore most properly subdued by leeches applied to the temples, &c.!! We fear much that Dr. Webster has built himself a castle in the air: that is, he has begun at the wrong end of his subject, and mistaken an effect for a cause, as (by the way) many other Doctors

do. When the fits of coughing are violent, the head is certainly affected, and the face and eyes become flushed and red. But would it not be more rational to attack the cough, which is the evident cause of this, at its source, than to draw off the superabundant blood which it had driven to the head? We once heard of a miller, a relation we may suppose of Dr. Webster's, who was in peril of losing his supply of water by a breach in the mill-pond; but instead of trying to stop the breach, he ran furiously after the water that had escaped, throwing in masses of turf and stones to stop the stream, till the pond was drained to the bottom. In a similar way, if Dr. Webster treats his cases of hooping cough by cupping or leeching the temples, and neglects the breach of health in the chest, we think he has some chance, if the disease be violent, to lose most of his patients.

A more rational plan, not quite new, but recently revived by the venerable Dr. Jenner, is to anoint the chest, or the parts between the shoulders, with the following preparation :—

Dr. Jenner's Antimonial Ointment.

Take two drachms of finely powdered tartar emetic,
nine drachms of spermaceti ointment,
one drachm of white sugar well powdered,
five grains of red sulphuret of mercury.—Mix for use.

One drachm of this ointment to be rubbed in night and morning, till pimples appear on the part. Dr. Jenner used this ointment with great success in many other diseases, such as hysterics, consumption, madness, &c. Vaccination sometimes cures hooping cough.

Permanent Marking Ink, an Economical Receipt.

The permanent ink, for marking linen which is sold at a high price, may be made cheaply by the following directions. Our readers are aware that two liquids are used, one to moisten the linen and the other to write with. To make the first or preparing liquid, boil a quantity of solution of soda with gum, isinglass, or good glue, and preserve it for use. To make the second or writing liquid, take a solution of lunar caustic, or, in chemical language, the nitrate of silver, and thicken it with sap green or cochineal, and it is ready. The linen is to be wetted with the first, and dried before writing on it. By preparing these at home, you will make a saving of 60 or 80 per cent. Those who will not take the trouble to do this, may be sure to procure it genuine at Mr. Hume's, Long-acre, who, we believe, was the inventor. Much of what is sold in the country is badly prepared, and unfit for use, by the makers substituting potash for soda, which makes the ink run, and injures the colour.

Cottage Dishes.

As we have a great number of Cottage readers, we have purveyed for them the following receipts; all of which we are assured are good, though we have not ourselves tried.

Vegetable Soup.

Boil a tea cupful of Scotch or pearl barley in a saucepan full of soft water, till the barley is nearly done enough. Then put in a bit of butter or dripping, and a mess of vegetables shorn small, such as greens, cabbage, onions, carrots, turnips, parsley, and if it be relished, a sprig of thyme. With a little pepper and salt, this is said to be very palatable; but we will not answer for it being nourishing.

Stewed Potatoes.

Skin and slice some potatoes, and lay two rows of them in a pipkin, having a lid. Sprinkle them with pepper and salt, and shredded onions. Lay over them, if it can be afforded, a mutton chop, or some slices of mutton, or a bit of butter or dripping. Repeat the rows in this order till the pipkin is filled. Add about a tea cupful of water, and having the lid carefully fitted close, put it into a saucepan with water, and allow it to boil slowly, or rather simmer for three or four hours. This is said to be a very savoury mess.

Seethed Potatoes.

Put a quantity of small potatoes, or large ones cut into slices, into a cast iron pot without a lid, with a small bit of butter and a little salt. Put the pot on a weak fire, so that it may heat very slowly. Potatoes, when done in this manner, are said to be delicious.

Cottage Pudding.

Grate, or cut into small pieces, a bit of salted or dried fish, and with a small quantity of dripping or butter, put the whole to a portion of potatoes well boiled and mashed. When you have mixed these together, place them in a tin dish, and do them in a Dutch oven, or in an iron pot or saucepan with a close lid, till finely browned. If they can be afforded, a few hard boiled eggs, cut in small pieces and mixed with the potatoes, will improve the dish.

John Bull's Favourite Dish.

"O the roast beef of Old England!" is the exclamation of every well-wisher to his country; and we make it a point to have Braham—who of course, like a true Israelite, hates pork—to sing this darling song at least once a quarter at our Committee

dinners—oftener would vulgarize it; and he gives it with such glee and feeling, that we are sure he leaves not a dry mouth within hearing. The national character, indeed, is involved in that of our beef; and not only our love, but our pride also, is interested in preserving its reputation untainted, and presenting it in the most fascinating garb. There is but one rib to which every man is uniformly constant—that is a rib of beef. Its attractions, unlike the fading beauties of the person, or the variable qualities of the mind, ever retain the freshness of their first impression on our senses, and neither time nor circumstances can estrange our affections from this object of our first love, which time has ripened into a matured attachment. It is this which may be truly denominated, "bone of our bone, and flesh of our flesh;" and from which no man of sound principles or good appetite would ever wish to be separated. If any lank, lean, bilious contemner of solid enjoyments, should be so insensible to its charms as to wish to divorce it *a mensâ*—no court, not even a Scotch one, would entertain the suit; and if appeal were made to the Lords, the bench of bishops would declare it to be contrary to every orthodox principle—the judges would decide that all precedent was opposed to it—the House would unanimously reject the petition as dangerous to the constitution; and even the Chancellor himself would feel no hesitation in pronouncing judgment.

Beef, indeed, is interwoven with all our most cherished recollections and our sweetest sympathies. Let an Englishman be taken from his native country to any quarter of the globe, surround him with all the seducing cookery of France and Italy—he still sighs for beef, and absolutely loaths the impertinence of the cutlets ludicrously called by the French *biffsticks de mouton.* No reveillé ever animated the soldier with half the ardour that does the drum when, a quarter of an hour before dinner, it beats the inspiring air of "Oh! the roast beef of Old England."

> Whose glorious sound inspires more life,
> Than e'er did Sparta's martial fife.

"What a shame!" said a blunt old general at Cadiz, "What a shame will it be, you Englishmen, that feed upon good beef, to let those rascally Spaniards beat you, that eat nothing but watery oranges and sour lemons."—(SELDEN's *Table Talk.*)

It was the honoured remains of a prime sirloin that suggested to the sentimental muse of Moore, as we are informed, the beautiful and expressive lines of the melody—

> Around the dear ruin, each wish of my heart
> Shall entwine itself verdantly still.

It is to such indeed, that every man may truly say, that he wishes "to eat and come again."

Receipt for Preventing Hunger. By Dr. Pearson.

In a former page we gave directions for increasing hunger; we now reverse the subject. Reduce to powder two ounces of gum arabic, and half a drachm of catechu, and mix them with a pint of jelly made from starch by boiling water. Then pulverise and add a drachm of crystallized citric acid (taking care that the chemist does not cheat you with tartaric acid, which is a half cheaper.) Spread this on clean paper, or on a board, and dry it gently in an oven till it become hard and brittle, and may be broken in pieces convenient to carry.

It is said, that two ounces of this will sustain life for twenty-four hours, provided violent exercise be not taken, in which case a double portion will be requisite. Two pounds of it, therefore, will give rations for eight days. If this be sooth, we would recommend it to all travellers, seamen, miners, and also to sportsmen, as an excellent article for pocket store.

To Make a Rich Scots Haggis. By Dominie Sampson.

Kippletringan, 18*th October*, 1823.

Honoured Sir,

I opine, that in the southern parts, they have neither knowledge nor understanding of a prime rich haggis, like unto that which inspired the gustatious powers of the Bard when he apostrophized our great national dish, that, as I may well aver, has become *celeberrimus*:—

> Fair fa' your honest sonsie[1] face!
> Great chieftan o' the puddin' race;
> Aboon them a' ye tak' your place,
> Painch, tripe, an' thairm.
> Weel are ye worthy o' a grace,
> As lang's my arm!
>
> *Quoth* Burns.

Now, Sir, though I may say I am not *very* deep read in the *Res Culinæ*[2] save in the variorum Commentators upon the Deipnosophists of Athenæus, and upon the Symposiacs of old Plutarchus; yet I greatly dubitate if Lucullus or Apicius himself, could e'er have devised a more savoury mess than a haggis, "warm, reekin', rich;" in pledge whereof, I mean, God willing, first to set down the things necessary to be got; secondly, the preparation thereof; thirdly, the concoction of the same; and fourthly, and lastly, by way of improvement, the trapezial[3]

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[1] Plump and pleasant. [2] Kitchen business. [3] Social.

enjoyment, as saith the same Plutarchus, of this species of carnal comfort, that is to say, the eating of a good haggis, all of which, as I have learned from the lips of my beloved spouse the umquhile Mrs. M'Candlish, Emeritus [1] Landlady of the Gordon Arms, Kippletringan.

1mo. *Of the Things necessary.*—The haggis-bag, *ventriculus*, or stomach of a sheep with the draught [2] of the same, being the heart, liver, sweet bread, and midriff thereof; a bit of good tender stot [3] beef; plenty of beef or mutton suet well picked; some good querny [4] oat-meal; about a pint of good beef tea; onions; salt; pepper; and other gusty [5] spices. It greatly improves the savouriness to substitute for the liver, &c. a hare, a partridge, a muir fowl, or other game; and when my spouse was in use and wont to make a noble haggis for the Caledonian Hunt Dinner, she added two eggs; two or three shalots [6]; a *manipulus*, or handful of sage, marjoram, savory, parsley, and thyme; some ketchup; and half a mutchkin [7] of Ferintosh [8].

2do. *Of the Preparation.*—Clean out the haggis bag very featly [9]; haflins [10] boil the draught—the liver a little more, till it be fit for grating; if ye have game it must be haflins roasted; and the eggs boiled hard; dry your oatmeal at the fire till it just begin to be a kything [11] brown; grate half the liver, or, in place, mince your game, beef, and other meat, and mix all with the shorn herbs, meal, and spices; and put the whole into the bag with the beef tea, half a mutchkin of the draught broth, taken from the lee side of the pot, a little of the ketchup, and a glass or two of the ferintosh. Ye may now sew up the mouth thereof, taking tent [12] to put out all the wind; and for the farther securing the same, ye should put through it a haggis-pin [13], such as "might help to mend a mill in time o' need," quoth Burns.

3o. *Of the Concoction.*—Should ye have any inkling [14] of its bursting in the pot, tie it up in a good stout linen bag. Have your water fairly boiling, before ye commit to it the precious freight, but put in a tea cupful or two of cold water just to put it off the boil, as otherwise the haggis might burst, and be all scaled [15] through the water. Ye must by no means let the water stop boiling after, or the haggis will be lumpy and tough. It will take about two hours constant boiling, when it may be dished but [16] sauce.

4to. *Of the Eating.*—Verily nothing maketh me more carnal

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[1] Formerly. [2] All that hangs about the wind-pipe and gullet, except the lights. [3] Ox. [4] Coarsely ground. [5] Tasteful. [6] Eschallots. [7] Half an English pint. [8] Highland whiskey. [9] Perfectly. [10] Half. [11] A very little. [12] Care. [13] A large skewer. [14] Apprehension. [15] Scattered, dispersed. [16] Without.

minded, nor [1] the pleasant odour and sonsie, savoury look of a fine fat haggis, concocted as aforesaid. It has ever been unto me a thorn in the flesh; and though we be commanded to nourish our frail bodies with the good things of this life, yet are we forbidden to worship the belly, or to feast upon fat things. Natheless this life of ours is a great mystery or riddle, as saith the learned Ralph Erskine, and surely it was never meant that a good substantial haggis should be among the things forbidden unto us: for if so, I must be a grievous sinner indeed, God help me, loving as I do a well heaped plate of warm haggis above all earthly things besides, and I ean heart and hand join with the bard, when he says—

> Ye Powers, wha' mak' mankind your care,
> An' dish them out their bill of fare,
> Auld Scotland wants nae skinking [2] ware
> That jaups [3] in luggies [4],
> But if ye wish her gratefu' prayer,
> Gi'e her a Haggis *.

So wishing that this small paper of mine anent [5] the making of our great national dish may be approven by your Committee, and in that case, that ye'll no forget to inclose per post the ten pound note for the same,

I remain,
Honoured Sir,
Your constant wellwisher,
ABEL SAMPSON.

P. S. †—This comes tae let ye know, that my gudeman has been this hale blessed day ta'en sae up wi' a haggis that there was nae speaking to him, for he looked, by a' that's gude, as if the de'il were drivin' him tae Drymen, and he ne'er drives ony body to a gude pairt; but whan ance I got the braw gaucy haggis reekin' het on the mickle truncher, than he fidged and hotched likin' tae loup out o' his vera' skin tae win till't; sae I tald our kimmers tae say awa' for themsels; for he could scantlins mak' his mou' to say "Prodigious!" it was sae rinnin' o' water; an' nae wonner, for sic a prime haggis was ne'er made nouther at Dumbar, nor ony ither place. O! but he is an altered man be what he was thretty years syne! He ate till he was like tae rive

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[1] Than. [2] To skink, means to pour liquid from one vessel to another. [3] Jerks or splashes. [4] Wooden vessels. [5] Concerning.

* It appears from this that Burns knew the true philosophy of soups, namely, that they are not nutritive. (See page 18, above.) EDITORS.

† I have not thought it necessary to explain the Scots words of Lucky Sampson's postscript; for our English readers would scarcely relish it even if so explained, and our Scots readers do not want the explanation.—W. M. WALLACE.

again, and than fell soun' asleep on the settle, wi' my sonk below his haffet; an' when we tried to gar him rise, we could get neagear out o' him but "Prodigious!" and some mumlin' about a ten pund note. Sae thinkin' the letter he had indited might be of consequence, I hae been bald enough to sen't by the night's post, in case he mightna wauken in time. I wad hae said muckle mair, but ye see there's no ac hair's breadth o' paper tae the fore. * * * * * *

To W. M. Wallace, Esq.
No. 44, Paternoster Row, London.

New Remedy for Club Feet. By M. Delpech, of Montpellier.

It is, in England, the usual, but absurd practice, to treat all deformities with straps and steel springs, &c. which often do more harm than good. M. Delpech acts more boldly, but, as we think, more rationally, by attacking the deformity at once with the knife, cutting the tendons and muscles which pull the limb awry, and then maintaining it in a proper position till a cure is effected. In this way, he successfully operated on a boy nine years old, who had been born with club feet. The wounds were cured, and the boy walked with very little lameness in the course of a month. M. Delpech does not advise the operation in early infancy.

Diseases Incident to Medical Students.

We wish to collect what is useful for all classes of our readers, (one class will surely not grudge a little space for another) and as we have many, both here and in the sister kingdoms, employed in studying the healing art, we present them with the following hints, the greater part by our intelligent correspondent E—, of Kingston on Thames, by Mr. Shaw of the Anatomical Theatre, Great Windmill-street, and by M. Laennec of Paris.

The most dangerous accident attending anatomical studies, is cutting or pricking the finger, or exposing any sore or abraded part to morbid humour, as the absorbent vessels quickly carry it into the system, and the consequences are often fatal. Two recent cases of death occurred from this in Dr. Pett of Clapton, and Mr. Newby of Poland-street. Among celebrated men who have in the same way fallen victims to anatomical study we may mention, Bichat, Fourcroy, Dufresnoy, Corion, Alan Burns, Languerenne, &c. and the celebrated Haller, and also the late

M. Corvisart, more than once narrowly escaped most dreadful effects. The latter was saved by a bold operation of Desault.

The first rule then is to take care not to cut, prick, or scratch any part of the hands, and if any skin is broken on the hands out of doors, it must be carefully kept covered with adhesive plaster till cured. When a prick or wound occurs, press out all the blood: bind the finger or the wrist to induce local plethora, and hence diminish absorption (*See* PARIS' *Pharmacologia, I. 236, 5th edition)*; and cauterize the part with nitrate of silver, or a red hot iron. M. Laennec, however, prefers to the cautery, washing the part by letting a stream of water fall upon it from a tea pot, or a kettle. We should advise filling the wound with ink, and washing it till the water come off untinged. A linseed poultice, and a warm lotion applied with lint to the wound will also be proper, such as our friend E—'s

Anodyne Lotion for Poisoned Wounds.

Take three drachms of superacetate of lead,
three ounces of distilled water,
five ounces of proof spirit,
one pint of lotion of opium.—Mix to make a lotion.

Lotion of Opium.

Take two drachms of crude opium cut small,
one pint of distilled water.

Carefully mix, and boil it for ten minutes, and strain.

If the inflammation, however, run high, and the arm swell, Sir Astley Cooper advises to rest it on an inclined plane, while leeches and a cold lotion are applied from the wrist to the shoulder, such as

The Evaporating Lotion for Inflammations.

Take four ounces of rectified spirit,
two ounces of tincture of opium,
half a pint of the acetated liquor of ammonia,
ten ounces of the decoction of poppies.—Mix.

M. Laennec advises the antiphlogistic regimen, but Mr. Shaw thinks that this should be cautiously adopted, as there is more a depression than an increased action of the system, and advises wine, porter, and opiates to be taken copiously. Our correspondent E—, advises the following

Tonic Mixture for Mortifications, &c.

Take six ounces of the infusion of snake root,
five drachms of camphorated tincture of opium,
three drachms of aromatic spirit of ammonia.

Mix, and take a fourth part every third or fourth hour.

Infusion of Snake Root.

Take two drachms of Virginian snake root,
as much of the root of contrayerva bruised,
half a pint of boiling water.
Infuse for an hour in a close vessel, strain, and add,
one ounce of the tincture of snake root.

Our correspondent says, that the virtues of snake root have not yet been properly appreciated in cases of mortification arising from accidents, &c. The bowels must, of course, be kept open—by calomel, says Mr. Shaw—by no mercurial purgative say we, as such would increase the absorption of the putrid matter. Epsom salts, with senna may be tried. In the anatomical schools at Paris, by the advice of M. Chaussier, and approved of by Mr. Colles of Dublin, each student keeps a small phial of liquid muriate of ammonia, and when he wounds himself applies this to the wound with a wooden pencil, which quickly cauterizes the wound. Dr. James Johnson recommends strong nitric acid for the same purpose. Our correspondent E—— very shrewdly thinks, that this would only promote absorption, as happened, perhaps, in the case of Dr. Pett, and advises to suck the wound, and wash it well with soft warm water.

Gout Triumphant, or Dr. Scudamore in a Funk.

It often happens—but is very galling to the Members of the Royal College, that the quacks and daily advertisers take all the best of the fees, and leave but the mere gleanings to legitimate Cantabs and Oxonians. Dr. Scudamore (we have occasionally, *verbum sat*, seen the name written Scud-Amour,) is himself a bit of a quack in his own way, we mean as far as he most lustily advertises his book, and of course his practice. We have known a practitioner, not *write* on gout—but merely *announce* a book on gout, in order to get cases of the disease to put into his unwritten book. We do not say, that Dr. Scudamore's book was so manufactured in the first instance. We must give the devil his due; but we are certain it has overgrown itself in this very way, till it has now become necessary to amputate the rheumatic parts, and sell them separately—a new practice, we imagine, in cases of rheumatism! He has long, we are told, on the best authority, had a sheep's eye upon the feet and toes of a certain great personage; but these, as we know, are, unluckily for both him and Sir Harry Halford, in other keeping. *Quere*, would he propose amputation, as he has practised the same on his book, for the purpose of keeping the rheumatic parts distinct from the gout, and earning a fee from both!

Who will believe us, even when we tell the truth, that Dr. Scudamore, after writing a book on gout of above 700 pages, price one pound, not only confesses plump that he cannot cure it, but also that it is both a dangerous and bad practice to cure it! This is precisely Whitlaw and Hazlitt's impudent confession of ignorance over again. (See page 102.) "Whether," he says, "the medicine so administered be the Eau Medicinale, Wilson's Tincture, Reynolds' Specific, or the Tincture or Wine of Colchicum. I contend that the error in principle is the same—not any permanent advantage can be effected on such terms."—*Pref. 4th edit.* The Doctor must have been sorely pressed, when he was humiliated down to such an assertion, particularly as he admits that *all* these medicines, especially the *two first*, do remove the fit of gout. Our readers, however, will, after all, find many good things in the Doctor's book, making allowance for this glaring and absurd inconsistency.

American Indian Cures for Scrofula, &c., as imported by Mr. Whitlaw, Lady Thomson, Dr. Graham, Sir Cancer Aldis, and soothing Mrs. Johnson.

We are always dissatisfied with our present state, whatever it may be, and ever ready to pursue changes. Romance writers foolishly dream that all the elegances of love are to be found with poverty in a cottage; and Rousseau found little difficulty in making the French believe, that savages lived more comfortable and happy than civilized men! We fly eagerly from one extreme to another, and in the same breath admire the Elgin marbles and the rude habiliments of the Laplanders and Esquimaux; the poetry of Homer and Byron; and the barbarous ballads of Border forays. It is on this principle that quackery has laid hold, and pretending to look with distrust and contempt on the refined medical practice of our schools and universities, goes back to the ignorance of savage life, and exclaims, that this is far beyond all learning, for it is *natural.* This is the magic word which brings civilized fools into a circle by thousands, and there the quack empties their pockets at his leisure.

Let us see what this term *natural* means. The savage has no method of handing down his medical receipts by writing, and when any accidental discovery of the properties of an herb or a simple is made, it must only be recorded by vague tradition, and may soon come to be so altered and perverted, in quantity or combination, as to be injurious rather than useful. Again, those *natural* physicians know very little of the system of the

body. They must be ignorant of the circulation of the blood and state of the pulse; the process of digestion; the purification of the blood in the lungs; the course of the nerves, &c.; and yet we are to be persuaded, in opposition to common sense, that these ignorant savages know more of the cure of diseases than physicians who have made all these the study of their lives, and who have before them the record of all that has been discovered concerning these, by men of talent and research for the last two thousand years. This is surely a gross absurdity; but absurd as it is, we see it at this moment publicly abetted by Sir Joseph Yorke, M.P., Peter Moore, M.P., and hundreds of others who listen with admiration to the wonders told by Mr. Whitlaw of the profound knowledge of the American Indians, which Mr. Whitlaw has most *philanthropically* imported for the behoof of his Majesty's subjects; and has been dexterous enough to get the name of his Royal Highness the Duke of York placed at the head of his list of patrons. Does the Duke know that his name is thus used? The value of this patronage, however, is easily estimated by the fact, that the same name stands at the head of the notorious Kiernan's medical establishment, a person who, as it appears, is ashamed to let out his own name, and writes, "K. and Herman," in his quack advertisements. Is this *mauvaise honte?* or is Kiernan really ashamed to be seen in public with a royal Duke? This by the way—but let us hear what Whitlaw himself says for his Indians.

"WHITLAW'S AMERICAN EXTRACTS.—Discoveries of the first importance to the human race! The proprietor of these invaluable discoveries has travelled, as a Botanist, among many of the North American Indians, especially the Creeks and other tribes of Indians, so celebrated for their knowledge of the properties and virtues of plants. The proprietor acquired much of his knowledge among these children of nature, who seek their remedies in swamps and forests, and especially the knowledge he has derived by following up their simple modes of treating disorders peculiar to human existence, particularly in their method of expelling poison from the body, and of the simple and natural regimen necessary to be observed to insure a continuance of health. The bites of the rattle-snake, and other venomous reptiles, are by their priests and doctors successfully cured, and diseases baffling the skill of the most eminent practitioners are subdued with comparative facility. *With this view* the proprietor *thought it right* to visit the British shores, and thus announce his American extracts."

One thing Mr. Whitlaw forgot to learn from these "Children

of Nature," in the same way possibly as he forgot to learn his grammar at school, viz. the method of distinguishing one disease from another, or of knowing any one disease when he sees it. A gentleman who had the complaint known to civilized surgeons by the name of hydrocele, consisting of a small collection of water in a particular place of the body, and easily evacuated, applied to Whitlaw, who told him it was a cheesy cancer or scrofula, and that nobody in Britain could cure it but himself. The patient believed his Indian blarney, and swallowed bottle after bottle of his No. 1. and No. 2. till Whitlaw had pocketed some sterling guineas, and the patient had become daily worse. Wearied out with promises, and reluctant to see so much good gold going into Whitlaw's exchequer, he applied to Mr. Brodie, who speedily drew off the water and cured him. An action for damages was afterwards brought, in which Whitlaw was cast. We are bold to say, that Whitlaw's knowledge of complaints and of cures is all of the same kind, that is, he is utterly ignorant of disease and of medicine, and cannot open his mouth without betraying it. He once told a gentleman, that he had a cancer over his whole body!!! But his consummate impudence carries through every thing, and he even had the effrontery at a public dinner to make a boast that he was ignorant of medicine!! We can only conclude that the more gross an absurdity is, the more eagerly it is swallowed by honest John Bull. Mr. Hazlitt knows this as well as Whitlaw, and *he* never fails to make a boast of his literary ignorance at the very time he is setting up for a literary dictator! What says *lady* Thomson?

The trick is by no means new, for quacks to pretend that their secrets were derived from the American Indians. The notorious Dr. James Graham, who carried the humbug so far as to assert that his patients were cured of the most inveterate complaints by only breathing the air of his Apollo-chamber in the Adelphi, which was always impregnated, he said, with celestial ether, and musical influences—pretended among other things that he was indebted for some of his valuable knowledge to the American Indians. Dr. Graham says, "the Indians, I had been told, cured some terrible diseases by methods unknown to Europeans, and peculiar to themselves alone." "I embarked accordingly, several years ago, for America, and made the tour of all the principal colonies of that vast continent, pursuing discoveries and investigating the nature and properties of plants, as well as informing myself of the Indian method of curing diseases by associating with, and bribing the Indians themselves, during a residence of five years."—This impudent mountebank could, like

Whitlaw, exhibit a noble list of patrons of high rank, among whom we find "Frederic Prince of Hesse Cassel, the Duchess of Devonshire, Lord and Lady Spencer, &c." emblazoned on the title page of his scandalous and blasphemous book; blasphemous,—for like Whitlaw, and most other quacks, he made a cat's paw of religion and reverend patronage. The Rev. A. Fletcher, of Moorfields, and others patronize Whitlaw!!

The pretence of having learned cures from the Indians, is not confined to European quacks. The civilized Americans themselves are imposed upon in a similar way. Much about the same time that Dr. Graham was gulling the good people in London, with his Apollo-hall of etherial airs, Dr. Hugh Martin, after remaining for some time in the vicinity of Pittsburgh, on the Ohio, came to Philadelphia and advertized an Indian remedy for cancer, asserting that it was composed of herbs found in the Ohio woods. To the great discomfiture of the quack, however, the medicine was unmasked by chemical analysis, and found to consist, not of herbs but of arsenic; the same which is now pretended to be kept a secret by Sir Cancer Aldis, of this metropolis. We shall take an early opportunity of giving Aldis's cancer receipt, and also—to all whom it may concern—his receipt for procuring knighthood.

As we are writing to open the eyes of the public to pocket-picking adventurers, protected as they are by the law of stamps, we cannot pass over another piece of American humbug, which goes by the name of the "American Soothing Syrup," and which is puffed off in the usual way by sweet Mrs. Johnson, of the City road, well known by the *alias* of Lady Mutton, she being, or having been, in the practice as we are well informed of making presents of genuine grass-fed haunches to mercenary preachers, and others who sell themselves to sermonize and expatiate in public and private, on the miraculous virtues of the soothing syrup. To the receipt for this nostrum, we shall also give an early insertion, and an exposure of her Birmingham humbug.

To Restore a Cask of Sour Beer.

When your beer becomes too hard or sour, it may be sweetened without injury to health, by hanging a linen bag in the cask, containing equal quantities of lime, pounded chalk, and burnt oyster shells. This will prove effectual in about twenty-four hours. Or it may be done immediately by dropping in by very slow degrees, a small portion of carbonate of soda, or of salt of wormwood.

Medical Qualities of Nuts—Walnuts—Almonds, &c.

The chemical elements of the various species of nuts differ considerably from those of other fruits. In nuts we meet with the farinaceous principle of the grains, and with an oil which is rare in other articles of vegetable food. Both the farina or flour and the oil, besides a small portion of sugar, are of course nutritive; but the oil renders them hard to digest, and alarming and sometimes fatal indigestions occur from eating quantities of nuts. This oil is much injured and becomes rancid by keeping, and all sorts of nuts ought, on that account, to be eaten as fresh as possible. It is of great importance, says the *Almanach des Gourmands*, that nuts be properly chewed, as the unbroken portions of them cannot be digested by the strongest stomachs. Salt, we have ourselves found to be an excellent condiment for the digestion of nuts, and it also improves their flavour. In Paris, they add pepper and verjuice to new walnuts, to the great disadvantage, we should say, of digestion.

Bitter almonds in particular, and all nuts which possess the peach blossom or bay leaf flavour, contain a portion of that most deadly poison, the prussic acid, and ought, on that account, to be eaten with caution. In persons of weak stomachs, accordingly, they often produce cramp, griping, nausea, and sometimes fainting. It is said in the *Almanach des Gourmands*, that sugar tends to prevent these disagreeable effects.

Remedies for Loss of Voice.

Dr. Astbury, of Barlaston, has met with four cases of loss of voice in one year, a circumstance which shows the complaint to be more frequent than is usually imagined. He prescribes the following

Linctus for Aphonia.

Take two scruples of nitrate of potass,
one ounce of the rob or extract of elderberries.

Mix, and take a tea spoonful four or five times a day, and allow it to dissolve slowly in the mouth. Galvanism may also be tried.

Where no inflammation is present, we should advise the pyrethrum, as directed at the top of page 111, above. We are sorry to say that but few recover their voice, though the complaint is not dangerous. We shall recur to the subject in our paper on the Voice, addressed to public speakers, singers, &c.

December Diseases and the Means of Escaping them.

> And after him, came next the chill December;
> Yet he, through merry feasting which he made,
> And great bonfires, did not the cold remember.
> .....
> And in his hand a broad deep bowle he bears,
> Of which he freely drinks an health to all his peeres.
>
> Spencer.

A single night's feasting, our readers are aware, may bring on or lay the foundation of lingering or fatal disease; but though this is known and certain, so heedless are many of their health and comfort, that they eagerly throw them away on the momentary gratification arising from puddings and made dishes; and from wine, punch, or liqueurs. This is no less rash and foolish, than it is unscientific, and betrays a glaring want of foresight, and a most plentiful superabundance of childish ignorance. How different the conduct of the philosophical admirer of good cheer! We, who are skilled in the study, can enjoy to very ecstacy, the highest flavoured dishes and the strongest wines and liqueurs, and so far from being beset with qualms and headaches on the following morning, we feel fresh and elastic, our spirits dancing, our eyes bright, and our appetites keenly on edge for a cup of delicious coffee. The day passes in snug comfort and high enjoyment, and we are as ready for the well garnished table in the evening, as if we were fresh from the Polar Expedition, or from a two month's training *à la* Jackson. Our readers shall be let into all our secrets on this important topic in due time: did they know them as well as ourselves, there would be no use for our little publication, and we cannot teach them in two pages: there is no royal road to the science of gastrology. Many things of much moment will be found in our previous Numbers. To those who know it not, we say, "beware what you eat or drink—*disease is in the dish, and death in the cup;* above all eat slowly, for "un gourmand doit toujours èviter les indigestions; c'est même lá un des grands secrets de la profession." *Almanach des Gourmands*, III. 248.) You may also turn to page 8, above; but if you *have* rashly indulged, please to follow our directions for the

Cure of Christmas Headaches and Indigestions.

When you are awakened in the morning from the terrors of some horrid dream of smothering, hanging, or suffocation—which will often happen to novices in gastrology, ignorant of

the science of feasting, and when you feel your head muddy, your eyes misty, your ears buzzing, and your stomach qualmish or distended with gas, which ever and anon is forcing its way into the throat, then is your time for attacking this array of enemies to your comfort with tried weapons. A glass or even half a glass of our "Stomach Comforter," (page 23.) may first be tried as a very powerful expellant of the gas; our "Eye-water," (page 139.) will clear the eyes; and cold water thrown over the head, as at page 127, will dismiss the buzzing in the ears. All this may be done in five minutes; and will probably be successful; but if not—and if the stomach feel still loaded and distended, the liver gorged, and the bowels uncomfortable; and if there be a feeling in the head as if you had slept with it awry, with giddiness, swimming or dimness of the eyes, then something smart must be taken to carry off the *sauce piquante* and the undigested *melange* that are the causes of your trouble. An emetic, as at page 47, is perhaps the *safest* and most speedy remedy; though it is not only disagreeable but it is apt to derange the comfort of the head and stomach for the day. We should prefer the

Feaster's Morning Draught.

Take two drachms of Rochelle salts,
one ounce of infusion of senna,
one tea-spoonful of compound tincture of cardamoms,
and *(if you can get it)* a small wine glass of Ratafia of Eau de Cologne.

Mix, for a draught; and during the morning (after your coffee, of course), take an occasional glass of *strong* ginger beer. It will also be of great advantage to sit in a snug fauteuil before a good fire, with your feet in carpet shoes, planted comfortably on the hobs. This position tends to keep the head *erect*, which is of the utmost importance, while the warmth of the feet draws the superabundance of blood downwards from the brain, and consequently renders the nerves strong, the spirits light, and the whole man cheerful and buoyant.

Our friend Dr. Kitchener, whom we find it very difficult to instruct in these matters, he is so perversely in love with tasteless caudles—recommends for breakfast, "good beef tea and slightly toasted bread," as an excellent restorative; and his memory seems, like his palate, to be so be-caudled, that he repeats his puffs of Apicius, and his directions for making the beef tea, in the same words within a few pages *. Compare this and his supine sofa, and his incubus siesta, with our Stomach

* Peptic Precepts, pp. 107 and 176.

Comforter, our rich Mocha coffee, a nice bit of buttered toast or muffin; and our fauteuil, with a good fire; and the health and comfort of the two plans will appear in striking contrast.

To prevent Christmas Headaches,

We recommend, before going to bed, a little of the "Stomach Comforter," a warm hip-bath, or at least bathing the feet in warm water; and more particularly to sleep with the head as high, and the feet as low as possible. For this purpose, not only high pillows are necessary, but the bed should slope gradually from the foot to the head, so as to form an inclined plane. This allows the blood to circulate freely from the head and the superabundant portion to accumulate in the lower parts where it can do least harm. You may prove the fact by a simple experiment: hold your hand down by your side, and you will soon observe the veins on the back of it swelled with blood; raise it above your head and the veins will instantly appear shrunk and empty. The same will happen to the veins of the head when placed low or high; depressed or erect. As this is of very great moment, we beg to impress it on all our readers; and we shall take care to return to the subject when treating of other diseases of the head.

The diseases arising from decreased temperature must be prevented, as we have directed in November, by warmer clothing, and particularly by silk, whenever the weather is damp or rainy. The bilious complaints, which are prevalent at this season, from the combined effect of cold and ignorant gluttony, we shall come to in a few pages.

Whets during Dinner, or how to prolong Hunger.

All those who are alive to the daily improvements in science, must ere now be well acquainted with our highly practical directions (page 103.) for increasing hunger, and procuring a keen appetite, and a lively relish for a good dinner. But though we went deep into physiology on that occasion, we shall require to become still more profound in the science of good living, in treating of our infallible method of prolonging the enjoyments of the table up to the last minute of allowed time.

You have then, we shall suppose, attended to your morning draught, your lounge in the fauteuil, your exercise, and your bath and whet-cup *before* dinner, and are now seated, with a sharp appetite, at the well garnished dinner table, eager to enjoy the highest pleasures of mere existence. Now is your time to remember the proverb, "the greater haste the worse speed,"

which ought to be emblazoned in golden characters on every utensil belonging to an amateur. If you attack your salmon, or your turbot, like a sea-maw, or swallow your soup by the pint, you will in a few seconds get to the end of the race, and have the distressing leisure to look on, like a simpleton, while your more knowing neighbours are quietly enjoying the nicest tit-bits, of the entremets and dessert, for which you have not reserved a single corner.

> Be wise in time—'tis madness to make haste—
> Each bit ill chosen fills its corner up,
> And leaves nor space nor appetite for dainties.

On this important point it may be necessary just to repeat that the stomach can only hold about three pints, and whoever imports more than this quantity must lay his account with finding a glut in the market.

But to the point of whets to prolong hunger :—It is a settled principle, already laid down by us, that hunger is caused by the want of secretion of the gastric fluid, and is therefore increased by whatever retards this secretion, by corrugating the stomach, and, of course, shutting its pores. The most powerful whet, therefore, is what will most powerfully shut the pores of the stomach. Astringents hold the first place ; namely, cold, bitters, and acids, and next to these are wine and brandy in all their varied forms. Again, there seems to be a class of nerves adapted to every peculiar food and drink we take, and these come into action as soon as their proper stimulus is swallowed, and not till then. On this principle it is, that we can relish every fresh dish as highly as if we had just begun to dine.—So much for the philosophy, now for the practice :

Keep always under the total measure of three pints—making a small allowance for the gas that will be necessarily evolved from mixtures, and you may eat with safety of all the dishes at table, from one to fifty or a hundred. In drinking you may indulge more freely, as the liquor will quickly make its escape through the pores. (*See* p. 20, *and* 12.) As soon as you have finished each helping, the *coup d'apres* is excellent, that is, a whet-cup of half a glass of iced wine. This, says M. Grimrod de Reynier, prevents flatulence and gives tone to the bowels. But of all other whets during dinner, we most admire Dr. Gastaldy's *coup du milieu*, and have introduced it with great eclat at our committee dinners. It is this : Once or oftener during dinner, a smart little girl, aged 10 or 12, neatly dressed in white with pink trimmings, enters with a small tray and glasses containing aromatic iced bitters and makes the tour of the table, retiring

again in silence. Some prefer rum or brandy to the bitters: Mr. Wallace always keeps by his Ferintosh. The *coup du milieu* is said to have originated in Bourdeaux.

Another whet for prolonging hunger, which we have had the honour of introducing, is above all others for invigorating the health. Between each course, our little sylph is in readiness with glasses, iced water, a small sponge, and a fine napkin, which are set before each guest for the purpose of cooling the hands and face. The face is of more importance in this case than the hands, and in this consists *our* improvement. The moment the cold sponge is passed over the brow and cheeks the pores of the stomach close from sympathy, and hunger is renewed as keenly as before dinner. The whole is done in silence, does not occupy three minutes, and in the mean time another course is placed on the table. This contributes much to wholesome digestion, and may be used by the most delicate invalid: we are sorry we cannot say as much for bitters or brandy, which are only for the strong and the fearless. We have no doubt that the custom will spread rapidly among all who like a good dinner, and are at the same time careful of their health, and afraid of gout or apoplexy. It is besides one of the highest luxuries of enjoyment, the contrast is so strong between the warm blush excited by eating, and the delicious coolness of the water. Cold water drank during dinner is also a powerful whet, but yet it is nothing to our method. We need not speak of sauces and pickles; the whetting powers of these are well known: but we warn the gouty, the rheumatic, and all other invalids to beware of them, for "*death*" is assuredly "*in the pot.*"

To make an exquisite Royal Plumb Pudding.

M. Grimrod de Reynier, and Dr. Gastaldy, the two best judges of good living which France has produced, declare our English "plumb-pudding" as they call it, to be a bizarre and indigestible mass of ingredients which is neither scientific nor wholesome *. We challenge all the savans of France to prove this? and boldly dare any body to repeat the calumny in our presence under pain of being chastised on the spot. A plumb pudding, such as we shall now describe, is the very princess of English dainties, and, if any one find it "bizarre, indigeste, or insalubre," it must clearly arise from not attending to our Art of increasing and perpetuating hunger, and our rules for Eating scientifically.

Beat up five eggs with half a pint of good cream into a high

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* "Melange indigeste et bizarre plutôt q'une prèparation savante et salubre." *Almanach des Gourmands*, IV.

froth; add a spoonful of rose water, and four or five spoonfuls of fine flour, and a small tea spoonful of salt, adding some powdered nutmeg, mace, cinnamon, and other spices, according to taste: a small quantity of the Ratafia of Eau de Cologne is excellent for flavouring; sugar, half a pound, one glass of brandy in which cardamoms have been steeped, and one glass of Champaign or Madeira; and beat the whole into a smooth batter ready to receive the drier ingredients.

Cut a quarter of a pound of rich beef marrow into small dice; pick and chop as much suet very fine; stone and shred half a pound of the best raisins; pick and wash as carefully as possible three quarters of a pound of currants, and plump them before the fire; mix these well with half a pound of bread crumbs, the rind of half a lemon, two ounces of candied lemon, and the same quantity of citron.

Put these, after they are thoroughly mixed, into the batter, working them together till the whole is well incorporated, adding flour if it is not sufficiently stiff. Allow the mass thus prepared, to stand for twelve hours before it is put to boil. We recommend Lord Lyttleton's plan of boiling it for eight or ten hours under the exclusive care of a nurse (page 20.) and attention to Dominie Sampson's remarks (page 155, 3°.) This will afford the best plumb pudding ever devised.

Holyday Diseases of Young People.

"Christmas comes only once a year," true: and Easter and Midsummer also come only once a year; but in that once, youth, heedless from school, and revelling in enjoyment and holyday indulgence, may ruin their constitution for life, and bring upon themselves some dangerous or fatal complaint. It behoves parents and guardians, therefore, to watch carefully over the watchless, and not permit them to drink the cup of pleasure to the dregs, but wisely reserve a portion for manhood and old age. We are no advocates for severe restraint. Young people require, and will be the better for, a moderate degree of indulgence in the feast and frolic of the holydays; but this must always be within the bounds of doing themselves injury. A nice rich plumb pudding, or a plumb cake, or a Christmas pie is a temptation to gorge the stomach beyond its three pints, which few holyday youths can withstand, but which may speedily bring on fevers or inflammations that nothing will subdue. Those good old English dainties, indeed, are exceedingly ill adapted and very prejudicial to the young as well as to the invalid, however much they may suit the uninjurable stomach of a farmer or a

fox hunter, or of scientific amateurs of good living like ourselves, who know how to enjoy good cheer, and come off harmless. Now we advise in the first place, by way of

Prevention

of evil, that only a measured portion, according to the most wary judgment of the carver of the pudding, should be allowed to each holyday plate, which is on no account to be replenished a second time; and in the second place we prohibit all wine or punch to be taken, it being a gross mistake that it aids in the digestion of the pudding. So far from aiding, it will certainly retard and mar the digestion, by hardening the pudding, and crisping the coats of the stomach, and of course preventing the proper flow of the digestive fluid, while the appetite will be whetted into hunger for a fresh helping, and good nature may be induced to grant it contrary to sound judgment, and with infallible injury to the health. No wine nor punch, therefore, for holyday folks and invalids, unless (be it understood) they give up an ounce of their roast beef or plumb pudding for every glass of wine or punch. In that case, the quantity of gastric juice diminished by the wine, will have less beef and pudding to digest, and the case will stand much the same as with the larger portion of beef and pudding without the wine. Thirdly, we prohibit all romping, running, or violent exercise, for at least three hours after dinner, though we have no objections to "laugh and be fat," to jesting, quizzing, or snap-dragon.—If these, our laws, are broken, and the unfortunate youth be taken ill, we shall do our best to prescribe a

Cure for Holyday Fevers,

In which the young patient feels hot and uneasy; the head aching and bad; the mouth parched, clammy, or having a bad taste; and the stomach and bowels all wrong and restless. As all this arises from a mass of pies and puddings, beef and sweet cakes, lying undigested in the stomach and bowels, and producing irritation of the liver and the nerves, our first prescription will be a

Christmas cleanser for the Stomach.

Take one scruple of ipecacuanha powder.
one grain of tartarized antimony.

Mix, and divide into three powders, one to be taken at night, in a little warm water, and if it have no effect another may be taken in half an hour, and a third in half an hour more. A grown person may take the whole at once, and wash it down with half a pint of warmish camomile tea. The patient is to be kept very warm from the time of taking the powder, and if able, it will be better to walk about the room than sit or lie in bed. A draught of good

ginger beer or soda water will be advisable after the operation of the medicine.

In the morning afterwards, even if the sufferer is better, we should advise the

Laxative Draught for disordered Stomach.

Take two drachms of Epsom salts,
half an ounce of infusion of senna,
a little sugar, lemon peel, and powdered ginger.

Mix for a draught to be taken warm.

This treatment will, in all probability, remove the undigested pudding, and leave the youth at leisure to prepare for another attack; though we cannot promise this in all cases, for tedious illness, or even death itself may be the consequence of a single indigestion. That "Christmas comes only once a year," will in that case have no effect in the cure, though our warnings, we hope, may have some in the prevention. At all events we have the satisfaction to think that *our* readers at least are not unapprized of their danger, and we recommend our directions and warnings to be read over at breakfast every holyday morning, as this might produce a great saving in the Apothecary's bill, not to mention the additional health and comfort it would infallibly bring to all young people who should observe them.

Art of Thriving, derived from Experience, addressed to Tradesmen, &c.

The way to wealth is open to all who are industrious and frugal, both with respect to their money and their time; for time well employed is certain to bring money, as money well spent is always as certain of gaining more, or at least of saving what you have. Lay down a regular estimate of your time, and what you must do in every particular hour, and every particular day, and you will in one month acquire habits of punctuality, which will be astonishing even to yourself, and which will gain you a character for accuracy that cannot fail to raise your credit —the prize that all aim at, though but few obtain. We know nothing indeed so certain to procure even the poorest tradesman unlimited credit as *punctuality*, not only in his payments, (that is but one branch of it) but in all his dealings and engagements. A punctual man is sure to be respected, and he is almost sure of thriving and becoming rich; for punctuality comprehends industry and foresight, two of the most powerful instruments of procuring wealth.

On the contrary, a person who is deficient in punctuality—who never keeps to the hour of an engagement, much less to the minute, both utterly confuses himself, deranges the engage-

ments of those he makes wait for him, and loses all respect and credit as a man of his word.

Another invaluable principle, is that "small gains make a heavy purse," as these are certain, with good commodities, of procuring a good trade; and however small your gain may be if you have a great run it will procure you *quick returns*, and of course large profits upon the capital employed. To illustrate this, take the two instances of a bookseller and a grocer, the one having necessarily slow and the other quick returns. A bookseller's usual profits are from 20 to 25 per cent., and his annual returns do not perhaps exceed £2000, and of course must produce a profit, on an average of 20 per cent., in order to clear £400 a-year; not more than sufficient to pay rent and servants, and maintain a family in a small way. On the other hand, a grocer, whose returns are probably £10,000 a-year, were he to gain 20 per cent. would clear £2000 annually. The grocer therefore can afford to sell at one fourth of the profit of the bookseller, namely 4 per cent., and have an annual income of £400, which will make him precisely equal to the bookseller, his returns being so much the greater, inasmuch as the articles he deals in are in greater demand or consumption.

Even a profit of one halfpenny in the shilling, which is four per cent., returned daily, is, per week, three pence in each shilling, or 25 per cent., and this multiplied by 52 gives the yearly gain of £1300 per cent. So that a capital of £100, if it could be returned daily, would produce an annual profit of £1300. Say that it could be returned only once a week, and that you supply your shop weekly, this £100 would produce you a gain of £4, or upwards of £200. If you had £500, it would thus produce £1000 a-year. A retail trader acting on this plan of small profits, good articles, punctuality, civility, ready money, and quick returns, will in few trades require more than £500 to begin with; and if he is pushing and cautious he may soon double it.

An indispensable caution is, that let your profits be ever so great it will not compensate for heavy losses in bad debts; you had better trade for ready money on a profit of 4 per cent., than at 20 per cent. where there is manifest danger. Where a tradesman indeed has large profits, the occasional loss of a few pounds may not hurt him. A tailor, for example, who gains 35 per cent., if he have two hundred customers on his books, and clear five pounds annually by each, as many do, and more, that is £1000 a-year; he can afford to lose £200 by bad debts, as he will still have £800 clear profit.

To give you a good test to try customers, always suspect

those who, when they buy on credit, never haggle for an abatement, but instantly agree to the price asked. It is no matter what a man agrees to pay, if he expect unreasonable credit, or will not pay at all if he can avoid it. The hardest dealer then will be found in general to be the best customer, for those who mean to pay in a reasonable time will try every mode of laying out their money to the best advantage, and of course will deal *hard*. It is a bad rule, sometimes followed, to make those who pay honestly for their goods, also pay a per-centage to make up your bad debts. This is the worst way of injuring your best friends.

Civility, next to keeping good and cheap articles, and being punctual to the minute in all your engagements, is quite indispensable to a tradesman's success. Honey catches more flies than vinegar, and civility will insure more customers and a better connection than sour looks, proud deportment, or cold indifference. Indifference of manner, as if you cared not to give yourself the trouble of being civil, is the greatest bar that can occur in the way to wealth.

Beware of all unnecessary expenses, amusements, indulgences, and luxuries which you cannot easily afford. At Christmas, though it comes only *once a year*, nobody, high or low, can afford to have one dainty or one amusement, unless he has in the first place paid all his Christmas bills; and secondly, saved out of his usual expenditure, sufficient to meet those extra expenses. The senseless remark that it is only a shilling, or it is only a crown, and may surely be spared once a year, may be the prelude to other extra indulgences that may be continued once a week instead of once a year. It is indeed very much like gambling. If you lose a shilling at whist, or commerce, or backgammon, you may be tempted to risk ten or twenty in order to regain the one first lost, and may go on losing till you have lost all, and landed yourself in prison. It is the same with betting and laying wagers, which, all those who wish to thrive, must carefully avoid.

The best rules for obtaining success in every particular trade and business, we shall take *all* up in their turn; and hope to be able, before finishing our task, to lay down such maxims, and unfold the mysteries, frauds, and tricks, which stand in the way of a young tradesman's success, as shall be of paramount use to our readers in their progress through life. Our next paper of this series will be on the important subject of "Estimating the worth of the *Good-will* of a business," with an exposure of frauds, &c.

Weekly Plan of Family Economy, No. VI.

For a Tradesman clearing £150 a year, and who has a Wife, a grown Daughter, and keeps one servant and a shop boy.

	£.	s.	d.
Amusements	0	2	6
Apothecary	0	6	6
Baker	0	4	0
Brewer	0	2	6
Butcher	0	6	0
Chandler	0	1	6
Cheesemonger	0	3	0
Coal merchant	0	4	0
Fishmonger	0	2	0
Green-grocer	0	2	6
Grocer	0	8	0
Haberdasher, Tailor, Shoemaker, &c.	0	16	0
Milkman	0	1	0
Servant	0	4	0
Weekly expenditure £	2	17	6
Annual expenditure £	149	10	0

The rent, taxes, shop boy's wages, &c., are charged to the outlay in business, but the boy's food is included in the estimate. When the savings are over £150, as we hope may happen in most instances, these ought to be added to the capital in the business, and not expended in additional luxuries, at least in the first year of increase.

On the Beauty of the Eyes, and the Way to increase it.

In defiance of the prophetic warning of the Literary Gazette, which has oracularly pronounced that,—

> "We shall have judgment here; that we have taught
> Fatal instructions, which, being taught, return
> To plague the inventor;"—

We shall now redeem our pledge (page 33.) of giving our "remarks on the beauty of large full eyes, and the means of heightening their effect." We presume that all our fair readers who are aware of the effect of fine eye-lashes have followed our simple directions on this point from the moment they perused them, and that they could now stand the rivalry of Circassia's fairest daughters in the gloss and the richness of this high mark of beauty.

Except among the ancient Romans and the modern Chinese, large eyes have always been esteemed essential to beauty. By this test alone we can distinguish whether an antique statue of

Venus or Juno be Roman or Grecian, as the classic Greeks had more taste than represent a goddess with small peering, miserly eyes. Homer indeed seldom mentions Juno without comparing her eyes to those of the ox *. The oriental poets draw a more elegant simile from the large eyed antelope or gazelle, which has not escaped Lord Byron.

> Her eyes' dark charm 'twere vain to tell,
> But gaze on that of the gazelle,
> It will assist thy fancy well.
>
> GIAOUR.

The brilliancy of the eye and its appearance of fulness, depend of course in some degree on its form, and on the magnitude of the eye-ball; but still more on the closeness and amplitude of the eye-lashes and the diameter of the pupil. It is the eye-lashes only over which we possess the greatest power, as we can bring them to the highest perfection of gloss and thickness by the Carcassian method we have already detailed.

This is not all: the oriental beauties, from time immemorial, have practised the art of darkening the eye-lashes with antimony, which is put both on the hairs and at the skin at their roots, while a small streak of it is often extended outwards from the exterior angle of each eye. This has a very imposing effect when artfully performed; and we have seen European ladies who had been in the East, employ this method to give a brightness and beauty to their eyes, altogether inconceivable, making even the plainest little grey eyes appear full-orbed and piercingly dark.

It is for such, indeed, that we write; others have no need of antimony nor frankincense black. The latter is much inferior, as all European cosmetics are, to those of the East; but to such as choose to try it, we give the receipt

To render the Eyes brighter and darker.

Take an ounce of frankincense, the same quantity of resin and pitch, and half as much mastic. Throw all these ingredients upon a piece of red hot charcoal, receive the fumes into a large funnel, and a fine black powder will adhere; mix this with a little oil of Benjamin, Eau de Cologne, or what is perhaps better, the juice of elder-berries, and it is fit for being applied to the eye-lashes, or to the eye-brows.

A large pupil, though it is certainly one of the highest marks of beauty, is also a sure token of a weak, and perhaps a consumptive constitution; so much so, that whatever renders the

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* βοωπις ποτνια Ἥρη. The ox eyed venerable Juno. ILIAD, *passim*.

body delicate, will seldom fail to dilate and enlarge the pupil, and make the eyes beautifully languid. We cannot with safety recommend any practical method of enlarging the pupils of the eyes founded on this principle.

There is, however, a certain drug called extract of belladonna, which has a most powerful effect in enlarging the pupil. A very little of it rubbed on the eye-lids will in a short time enlarge the pupil to a wonderful degree, and the effect will continue for some hours. We must caution those who try this, from using too much of the extract, least it make the pupils too large and staring; the quantity for each individual can only be learned by experience. It is perfectly safe, and is used every day by surgeon-oculists for enlarging the pupil to examine the deeper parts of the eye. Many also with too contracted pupils, and other diseases of the eyes, would be totally blind but from the daily use of this powerful extract. This proves its safety: we need not recommend a trial of it to those who have small, grey, lack-lustre eyes; we are certain of receiving their best thanks; and we cheerfully risk the above prophesied punishment.—When we have completed our articles on the eyes, we shall take up the interesting subjects of the Lips, the Ears, the Hair, &c.

Nervous, and other Diseases, caused by Novel Reading.

Every shallow philosopher and gossiping practitioner, B— for example, of —— street, exclaims against the debilitating effects of tea, and ignorantly ascribes to it the present great increase of nervous maladies. This we flatly deny, and demand unequivocal proof; but our shallow gossips never dreamed of so vulgar a thing as proof, and run into a thousand foolish ninnyisms about nerves, narcotics, and hot water, to escape from a confession of sheer ignorance. We shall come to tea by and bye, and also to the bad effects of music on the nerves; but in the mean time we hesitate not to declare, that two of the main causes of the increase of those distressing complaints, are to be traced to the apothecary's shop, and the circulating library—to the shop, in the form of calomel, with which our children's nerves are destroyed in infancy; and in the form of draughts, &c., with which our stomachs are mercilessly drugged from childhood till death:—to the library, in the form of interesting novels and fascinating tales, that prey upon the nerves at their very source, and bring multiplied diseases in their train. As this subject is somewhat novel, it will require a closer detail.

The influence of the mind in producing diseases of the body is well known. Depress the mind by fear or grief, or despon-

dency, and you most infallibly produce a ghastly train of nervous diseases, accompanied with disorders of the liver and the stomach. Now, it is equally well known, that novels, tales, and romances, have the effect of agitating the reader's mind, both during and after the perusal; and the more interesting the work is, the more injurious is this effect. We have not a doubt, therefore, that the increased demand for the perusal of novels and tales is accountable for much of the prevalence of nervous disorders, even were we to pass by the poring over them by the midnight lamp, and the consequent robbing of the brain of its healthful measure of sleep. Dr. Mason Good says, he has had several patients of this description, ladies chiefly, who had spent their nights and days over captivating novels, till they gave evident proofs that they were of a mind occasionally deranged. In such cases, there are usually, headaches, indigestion, costiveness, wandering nervous pains, flatulence, ringing in the ears, flushings in the face, alternate sensations of burning and coldness in the hands and feet, and all the numerous attendants of nervous derangement.

The first part of the cure is, of course, to give up novels for sober history; or, if that is not relished, the light inanities of certain periodical works will be less injurious to the nerves. We speak to invalids, and those of weak constitutions, who have brought on or augmented nervous complaints, by poring for days and nights over the visions of romance: the robust, of course, require only to be cautioned, that the most vigorous health may soon suffer by bad management, as

> The hardest rock insensibly gives way
> To the soft drops that frequent on it play.

When these directions do not produce any amendment within a few weeks, recourse must be had to treatment more strictly medical. The bowels must be opened with the laxative draught, page 172, and kept so by the dinner pills, page 84, and along with this it will be extremely useful to employ the

Tonic Draught for the Nervous.

Take one dessert spoonful of the tincture of Peruvian bark,
ten drops of aromatic elixir of vitriol,
an ounce of pure water.

Mix with sugar and ginger to taste, for a draught three times a day. As this somewhat astringes the bowels the dinner pills must be continued with it.

When acid is felt in the stomach, known by heart-burn, sour belchings, and flatulence, you may substitute for this the following

Draught for Heart-burn and Flatulence.

Take half a drachm of the liquor of subcarbonate of potass,
an ounce of the infusion of gentian,
a drachm of the tincture of cascarilla.
Mix for a draught, to be repeated as occasion requires.

Another circumstance indispensable to the cure, is going early to bed—never, we should say, later than ten o'clock, and rising early, that is, not later than six or seven o'clock; and when the weather will permit taking a walk, or a ride, of at least a mile before breakfast. If these directions are followed to the letter, and without this rigid compliance we can promise nothing—our patients who have brought on, or aggravated nervous complaints by novel reading, will in most cases recover in a month or two. The pernicious effects of Music on the Nerves, and particularly, continued practising on the piano forte, harp, violin or flute, will form the subject of our next paper, of this series.

Means of Improving the Tone of the Voice for Speaking or Singing.

A fine toned voice for speaking or singing is like poetical genius, the gift of heaven; but the worst voice may, by the directions which we shall give, be astonishingly improved, and a fine voice may be preserved from being cracked and ruined—an event by no means uncommon as a consequence of ignorance or carelessness. We can promise much, though we cannot perform the miracle of making a bad voice equal in delicacy and brilliant execution, to that of Mrs. Salmon; in graceful polish, to that of Vaughan; in thrilling melody, to that of Madame de Begnis; in richness and fulness of tone, to that of Miss Stephens; in spirit, to that of Braham and Sapio; or in unrivalled power and majesty to that of Catalani. Our remarks will apply equally to public speakers, to whom the tones of the voice are no less important than to singers. Before coming to the practical part, we shall, according to our usual custom, dip a little into the philosophy of the voice, but this may be passed over by those who do not like it.

Such different views have been taken of the mechanism of the human voice, that it is by no means easy to reconcile them. Galen, the famous Greek physician, compared it to a flute, supposing it to be of the nature of a wind instrument. Ferrein, and others, on the contrary, have compared it to a violin. Kratzenstein thought it was like a drum with its head divided, &c. Perhaps we shall come nearer the truth by combining those

opinions, and comparing it, with Blumenbach, to an Eolian harp —a stringed instrument, played upon by the wind. Our comparison will be still nearer the truth, if, with M. Majendie, we refer to those instruments whose sound is produced by a reed, such as the hautboy, the pipe, and the clarionet. There is this remarkable difference, however, that the various tones of the voice are produced, not by stopping holes at different distances, as in those reed instruments, but in varying the width of the wind-pipe at its orifice or outgoing, where the organ of the voice is situated.

The orifice of the wind-pipe or organ of the voice, is only about a tenth of an inch at its greatest stretch, namely, when uttering a low bass note, and it is capable, in most voices, of about sixty variations in width. These must consequently be all confined within this small opening of the tenth of an inch. Dodart, therefore, may justly say that the variation of the fiftieth part of a silk worm's thread, or of the three hundredth part of a hair in the diameter of the orifice, will occasion a perceptible difference of tone.

The motions of the organ in speaking or singing, may be easily felt externally, by placing the finger on the fore part of the throat. In this way it is discovered that the organ is drawn farther up and more forward in producing a shrill tone, and to assist the muscles, the head is inclined more backwards, than in producing a grave tone. The lowering or raising of the organ is thus ascertained by the finger to be an inch for every octave.

The edge of the orifice is composed then of such materials as vibrate like the reed of a hautboy, when the air is thrown forcibly up from the lungs. This apparatus is inclosed in a little box, made of gristle, and having moveable sides. This box is called Adam's apple, and is very small in females and those who have a weak voice. As it is lowered or raised, the sides of it are drawn farther asunder or brought closer together, and consequently the *reeds*, as we may call them, are either stretched or relaxed, as the tone may require. In singing or speaking at a high pitch of voice, the orifice is therefore much narrowed, and as this obstructs the air from passing out of the lungs, it affords an explanation of the great heat in that case produced, according to the theory that animal heat proceeds from breathing.

The first and most powerful means of improving the voice is constantly exercising it, particularly in the pitch and the tones in which it is most deficient. We have known the most wonderful effects produced by this means in adding to the compass, the sweetness, and ease of the voice. With respect to ease and rapidity of transition, constant practice is indispensable, for the

reeds of the voice are in this respect precisely like the fingers—rapidity and ease can only result from long practice. Exercise and practice have also a powerful influence on the nerves and muscles, the two main instruments of the voice. A labouring man has the muscles and nerves of his arms greatly increased in size and power from continued exercise; and the same effect will be produced on the nerves and muscles of the voice by repeated practice. Without strength of the nerves and muscles, indeed, the voice must be weak, tremulous, squeaking, and without compass. The sky-lark, whose pipe is so powerful, is found to have these of extraordinary capacity. By very frequently practising the tones in which the voice is most deficient, the parts will, to a certainty, acquire strength.

To public speakers, we recommend not only frequent speaking aloud in private, at various pitches of the voice, but also frequent practice in singing in different keys, which requires more exertion and compass of voice, and will consequently more powerfully strengthen the muscles and nerves, by directing thither a greater supply of blood, the chief invigorating principle of the body.

Another very efficacious mode of strengthening the voice, is bathing and gargling the throat regularly morning and evening with cold water, which braces the parts, and invigorates the nerves. On this principle, all warm cravats, and other clothing muffled up over the throat, will prove relaxing and injurious. If you are afraid of catching colds, defend well the parts below the ear and the angle of the jaw, and you may safely leave the fore part of the throat where the organ of voice is, naked to the winter's blast, as is done by Lord Byron, and other great men.

With respect to food and drink, all acids and astringents do injury to the voice by hardening and crisping the more delicate fibres of the *reeds*. Why then does Mr. Matthews and others, sometimes suck an orange during their performances? It is very wrong. Oranges, apples, stone fruit of every kind, nuts, raisins, port-wine, rough flavoured tea, &c., are all highly injurious to the power and polish of the voice, and ought to be avoided or used sparingly. If the throat is apt to become harsh and dry, the best moistener is peppermint or nitre lozenges, or a small bit of purified nitre or of sal prunelle, allowed to dissolve slowly in the mouth. The same may be frequently used at other times, or the linctus, page 164.

When the voice is required to be forced for any great emergency, we know nothing superior to a raw egg beat up with

a wine glassful of good Madeira, or half the quantity of brandy or rum and a little water, to which you may add with great advantage two or three tea-spoonfuls of the compound tincture of cinnamon. This tincture is of itself an excellent tonic for the voice. The egg prevents the spirit from acting all at once, and it likewise preserves the stomach from going out of order, which would also hurt the voice. We have only space at present to add, that whatever tends to injure digestion or impair the general health will also hurt the voice, such as irregular living, late hours, want of exercise, ignorant feasting, and all sensual indulgences. (*See page* 98.)—We shall again recur to this subject, when pointing out the injurious effects of musical instruments on the nerves and health; and in our forthcoming Articles on the Diseases of actors, singers, preachers, barristers, &c.

Fashionable Dishes, and the Diseases caused by them.

It would be the tritest of all hacknied common-places for us to endite paragraphs on the power of fashion; but that does not make the power the less, and whether it be in clothing or in eating, its supreme authority over-rules all the threatenings of injury or danger, at least among the many. We shall however put *our* readers on their guard in some of those things, and if in spite of our forewarnings, they continue to be obstinate, why then—we cannot help it—and must betake ourselves to prescribing for them.

We admire and enjoy good cheer; but we like not the hazard of surfeits, and apoplexy, and, what is no less common than it is galling, ruined appetites. Among the rich dishes in fashion, which it requires the profoundest skill of the amateur to enjoy without injury, we may mention the high flavoured soup, called Malaga Tawny, and the city gourmand's first favourite, Turtle. Do not mistake us: we should deem it sacrilege to prohibit either, except to invalids, young people, and those under training; but we insist that they must be eaten of with profound science, the measure never exceeding half a pint, or at the utmost a pint, and even this always regulated by the known digestive powers of the stomach. If more is eaten, by accident or ignorance, than can be comfortably warehoused, we strictly prohibit wine, brandy, or bitters, which will only augment the evil. In such cases, we advise for Malaga Tawny, the immediate and excellent antidote of some good native oysters, *à la* Kitchener, with hot milk, as at page 12;—for Turtle, we recommend the

Turtle Digester.

Take an ale glassful of lime water,
a dessert spoonful of liquor of potass;
and a basin of beef-tea.

Mix for a draught, to be taken immediately.

The same will answer in all cases where the proper quantity of any kind of fat has been exceeded. This, indeed, is so excellent a digestive of turtle, that we always keep it ready on our own side-board. If the stomach, after this, feel still loaded and uneasy, we know no other remedy than the ancient Roman one practised by Julius Cæsar, &c. see page 171, to be followed up by our "Stomach Comforter," page 26.

Malaga Tawny, if too much indulged in, will not fail to injure and destroy the appetite, in the same way as snuff destroys the sense of smell; and gout, gravel, rheumatism, tooth-ache, tic doloureux, or palsy, may be the consequence. Turtle, of itself, independent of its high seasoning, would not be so dangerous, particularly if well qualified by our digester; but the spices, the wine, &c. will not fail in their usual effects. To all turtle eaters, we say, beware of apoplexy, and we recommend a copy of the instructive fable of the fly perishing in the honey-pot, to be appended *in terrorem* to every tureen of turtle, mock turtle, or Malaga Tawny.

Melancholy Effects of Opium Eating. By De Quincy.

In addition to the deplorable consequences produced by the increasing madness of swallowing opium and tippling laudanum, we have had sent to us by a contributor, under the head of "More Nonsense," certain paragraphs ascribed to the wretched creature who calls himself the *English Opium-Eater;* and who has, in conjunction with his publishers, the high crime to answer for of bringing this terrible drug into its present notoriety. As we think, however, that this matter is far too serious for a jest we insert two of the specimens out of fifty, to show the consequences of opium on the intellect. We know not what measure of understanding the writer had previous to his habits of besotting himself with the drug, but the following strongly shows the pitiable state of his mind afterwards:—

"The negative condition of X is that which being absent X can*not* exist; but which being present, X will not therefore exist, unless a positive ground of X be co-present. Briefly—If not, not: if yes, not therefore yes."—*Notes from the Opium Eater's Pocket Book; London Magazine, October,* 1823.

"I was buried for a thousand years in stone coffins with

mummies and sphinxes, in narrow chambers, at the heart of eternal pyramids. I was kissed, with cancerous kisses, by crocodiles; and laid, confounded with all unutterable slimy things, amongst reeds and Nilotic mud."—*Confessions of an English Opium-Eater.*

None of *our* readers, we are persuaded, will, for a short hour of tipsy forgetfulness, risk the terrible certainty of bringing themselves into a state of mind like this.

Shop Diseases Incident to Tradesmen, and the Means of Prevention or Cure.

To do complete justice to this article would require an ample volume; though it fortunately happens, that our plan will embrace all that is of the greatest importance, either under the present title, or in our various forthcoming papers on the diseases peculiarly incident to Grocers, Cheesemongers, Chandlers, Oilmen, Tobacconists, Drapers, Mercers, &c. &c. Our present article must, therefore, be considered as merely introductory to a series of useful and practical directions, adapted to every class of tradesmen, and their apprentices and assistants.

The first circumstance we shall mention, as common to most shopkeepers, is an almost unavoidable exposure to cold in its worst form. We say it is unavoidable in many retail shops to have the doors shut even in the coldest weather, as it would obstruct and injure the business; but so long as the doors are open, there must be a constant stream of cold wind setting in from the street, and carrying almost certain disease to all whom it blows upon. Exposure to cold wind in the open air, where it is directed generally to all parts of the body, will seldom prove injurious: it is very different with a draught or stream of cold air directed to the face, the chest, or even the hands, which will soon produce sneezing colds, coughs and hoarseness, chilblains, rheumatism, and bad bowel complaints.

It may be said, that this can easily be remedied by keeping good fires. This, however, only increases the evil; for the fire draws the air strongly to itself (as may be proved by holding a candle in the draught,) and while you are warming one part, you only make the opposite part the colder, and increase by the contrast the aptitude to disease. By warming the toes, for example, you bring a stronger draught of cold air upon the heels and ancles, and to a certainty foster chilblains and rheumatism; not to mention, that running by snatches to the fire when the feet or hands are numbed with cold, is a sure method of producing these complaints.

The most effectual mode of prevention is to be found, not in a fire or stove, but in proper clothing; and for this purpose, we should recommend every shopkeeper to cover all coverable parts, and particularly the limbs and feet, with warm fleecy hosiery, and with silk externally, the better to confine the electricity of the body. (See p. 128.) Carpet shoes are very good for this purpose. The chest is by no means so important with respect to clothing, if a silk waistcoat is worn; for though colds often settle there, these for the most part originate in cold feet, and in colds descending from the head, the membrane that lines the nostrils and lungs being much like blotting paper, as if one point of it is diseased, it soon spreads to the rest. Another part of consequence to be protected from cold and draughts of cold air, is the space below the ear and the lower angle of the jaw, if this be well covered, the head will be better quite bare, as cold, contrary to vulgar opinion, seldom commences its effects on the head.

One of the most effectual preventives of the effects of cold is the cold bath, or cold sponging of the whole body continued all winter. Sir Astley Cooper has practised this on his own person for the last thirty years, and during that time has never had a cold. The practice, however, cannot well be begun in winter, except perhaps by the very robust, and must be begun during warm weather, and continued while the cold gradually sets in. This practice so braces the skin, that the cold air, even when it blows in currents, does little injury to the pores. But though the cold sponging cannot be begun in winter for the whole body, it may for a part of it; the feet, for example, may be sponged morning and evening with cold water, in which a handful or two of salt has been dissolved, and it will be powerful to prevent cold feet and chilblains, that is if the feet be not ignorantly warmed and toasted at the fire through the following day.

The doors of shops should be constructed so that the current of air may pass as far as possible from the place where the tradesman or his assistants usually stand. This we allow cannot in many cases be accomplished, but a little ingenuity might contrive an air-screen, which would greatly obviate any local inconvenience of this kind; and where health, and even life, is at stake, expense is a trifle. Few people, however, will give themselves the trouble of such foresight, till they have run up an apothecary's bill treble the amount of the cost of an air-screen, even leaving out of account the loss of time by confinement, the shattering of the constitution, and a couple of fees to a physician to boot.

Should the effects of cold make their appearance in the chest, and a tedious hacking cough seem to be the forerunner of serious

disorder in the lungs, perhaps even incurable consumption itself, then the mode of treatment may be had recourse to, which is laid down page 86 to 88.

If the bowels become loose, with flatulence and griping, arising from the perspiration from the skin, and the exhalations from the lungs being stopped or diminished by cold shutting the pores, then we would recommend a dose of good castor oil to carry off whatever irritating matter may be collected in the bowels, and this to be followed by the

Soothing Draught for the Bowels.

Take one grain of powder of ipecacuan,
three drachms of liquor of acetated ammonia,
five drops of laudanum,
ten drops of essence of peppermint.

Mix in a glass of water for a draught, to be repeated every two or three hours till the bowels are soothed, or perspiration is produced.

When inflammations are the consequence of cold, you must call in medical assistance, as the often rapid course of the disease is not to be trusted to family management.

Another cause of the shop diseases of tradesmen, is their long standing behind their counter, or sitting at their desks, which is apt to cause obstructions in the lower extremities, ulcers, and varicose veins of the legs, aneurisms, piles, &c., all of which we shall treat of in another place.

Prevention or Cure of Chilblains.

Children and old people, or those who are weak and delicate at any age, particularly females, are most subject to chilblains, which arise from deficiency of vigour in the fibres of the feet, the hands, and sometimes even the nose, ears, and lips, at those particular seasons when

The parching air
Burns frore, and cold performs the effects of fire.

Milton.

Exposure to great cold, or currents of cold air will produce chilblains even in the most robust. At first there is redness, swelling, a sense of tingling, and intolerable itching, which is increased by heat. As it proceeds, the part becomes blue, and the painful itching excessive. Then little vesicles arise, burst, and leave the part sore and ulcerated, often eating deep into the flesh and even to the bone, and in this stage the sores or kibes are extremely obstinate and difficult to cure, and mortification may ensue. Such is the course of the disease if neglected or badly treated.

To prevent chilblains, never run rashly to the fire when your hands or feet are very cold; nor expose your hands and feet

suddenly to cold when they are warm and perspiring, as in either case chilblains will probably arise. Hence a cold current of air let into a warm room by the opening of a door is, among delicate females, the most common cause of the complaint: or sitting much by the fire in cold weather, as a current of cold air is always blowing towards the fire, even when the doors are shut. Ah! then, you will say, how are we to escape chilblains, as you will not exempt us even in close rooms, with shut doors?

Strengthen your feet and hands—we advise you, by sponging night and morning with cold water, and vinegar or salt added to it; rubbing them for a quarter of an hour after with your hand and a little hair-powder, to prevent the skin from fretting. Then wear dog-skin socks day and night, but no fleecy hosiery stockings, nor carpet nor fur shoes, which will, to a certainty, foster the complaint.

When the tingling and itching are first felt, bathe the part with ice-cold water, or rub it with snow, till the itching cease, when it is to be well dried and covered with leather socks. Those who will not submit to this, which is by far the best method, may rub the part with the embrocation, page 126, or with the

Chilblain Balsam.

Take one ounce of oil of turpentine,
one ounce of balsam of copivy.

Mix and apply. This is a deservedly celebrated application.

Or,

Mr. Wardrop's Chilblain Embrocation.

Take two drachms of tincture of cantharides,
one ounce and a half of soap liniment.

Mix and apply to the part. Mr. W. speaks highly of this.

Or,

Sir A. Cooper's Chilblain Liniment.

Take one ounce of camphorated spirit of wine,
half an ounce of the liquor of subacetate of lead.

Mix and apply as before. It is very efficacious.

When the parts ulcerate and form kibes, you may apply a little surgeon's lint dipped in a mixture of lime water and solution of subacetate of lead; or tincture of myrrh and warm vinegar; or apply to it the

Kibe Ointment.

Take an ounce of yellow resin ointment,
a quarter of an ounce of the ointment of nitric oxide of mercury.

Mix and apply it on a piece of clean old linen.

When fungous, or what is called proud flesh arises, it must be

burnt either with caustic, or, as is done on the Continent and in Scotland, with a red hot iron, which is said to be the most effectual and speedy cure. It is not so terrible as might be supposed.

When mortification ensues, poultice the sore till it appear clean, and then apply the preceding kibe ointment till it heals.

Prevention and Cure of Chapping.

Another effect of cold on the skin, not so serious as chilblains but sufficiently troublesome, is *chapping*, or, as it is sometimes called, *hacking*. The very thin scarf skin or cuticle, which has no more feeling than the hair or the nails, is but slightly united to the thick true skin or cutis, and is easily detached. When the scarf skin is therefore shrivelled, and consequently raised from the true skin by either cold or heat, it can never be brought to unite again, and leaves the true skin, which is acutely sensible, quite bare, raw, and sore; and this soreness soon causes irritation and inflammation. This is the genuine history of chapping, which may happen either from the heats of summer or the cold of winter, and usually attacks the lips, the face, the hands, or any other part exposed to cold or heat. Moisture also, by softening and dissolving the scarf-skin, has frequently a similar effect to cold or heat. Hence the hands of washerwomen and kitchen maids, and the feet of the peasants' children in Ireland and Scotland, who go barefooted, are often severely chapped, or, as it is termed, *gars-gawed*.

To prevent chapping, the parts liable to it should not be unnecessarily exposed to heat, cold, or moisture; or ought to be well defended, by rubbing them with the

Balsam for Chapped Lips, &c.

Take two tea-spoonfuls of clarified honey,
and a few drops of lavender water, or any other
agreeable perfume.

Mix and anoint the parts frequently. If the hands are affected, anoint them all over on going to bed, wearing your gloves on all night; and wash with tepid milk and water in the morning. A night or two will effect a cure.

Another excellent preparation is—

Lady E. Conyngham's Lip-Honey.

Take two ounces of fine honey,
one ounce of purified wax,
half an ounce of silver litharge,
the same quantity of myrrh.

Mix over a slow fire, and add milk of roses, oil of Ben, Eau de Cologne, or any other perfume you may prefer, and keep for use.

Desk Diseases, as contracted in Counting Houses, Libraries, and Public Offices.—No. II.

As we expeeted, our first paper on this subject has excited great interest, and we shall take care that the sueceeding papers of the series shall be equally practieal and useful. We do not, indeed, follow any regular arrangement of those diseases, as we wish to make every paper as complete as possible within itself; but we shall not, on that aecount, omit whatever may appear to be of the least use, in preventing or curing diseases produced by too close employment at the desk. Our last was directed to diseases of the urinary organs; in this we shall take up

Bilious and Liver Diseases, with the remarks of Mr. Abernethy and Mr. Brodie.

The liver may yield too much or too little bile. The bile may be too aerid or too mild; may be diseharged too rapidly or too slowly, or may stagnate in the liver or the gall bladder. The passage of the bile also may be disturbed by disorders of the stomaeh; or even when the bile is most healthy, the intestines on whieh it acts as a stimulant may be too irritable or too sluggish, producing flux in the one ease and costiveness in the other. Hence the gross absurdity, committed daily by apotheearies, of prescribing the same treatment in all diseases of the liver and disordered bile. If you have inflamed liver, you get ealomel; if you have indolent liver, you get ealomel; if you have bilious eostiveness, you get ealomel; and if you have bilious flux, you still get ealomel!! This is most melaneholy, but it is most true! The drug cannot fail, we think, to prove worse than the disease in the hands of those *legitimate* quaeks who eall themselves apotheearies, surgeons, or physieians. Calomel is a valuable medieine, but it is most villainously abused, and sends, we are eertain, a greater number of both children and adults annually to their graves, than ever did small-pox in the highest zenith of their terror; not to mention the thousands of shattered nerves and ruined eonstitutions, whieh this calomel daily produees. Mr. Abernethy affirms, that he can by a single moderate dose of calomel derange the liver and the health of the healthiest man or child, and we believe him; yet does he abuse his blue pill as much, perhaps, as others do ealomel, though blue pill is not so violent and dangerous in its operations.

The appearanee of the natural bile when not disordered, is a very deep yellowish brown, very much like a quantity of rhubarb powder when slightly moistened with a little water. If a single drop of bile of this appearance be put into a pint of water

it will impart to it a bright yellow tinge; so that the brown of the natural bile, like the brown of gamboge, arises from its intensely deep yellow. It is of some moment to keep these facts in mind, as by attending to the colour of the stools, they will enable us to detect derangement of the bowels and of digestion, almost at its very birth, and will inform us when such derangement has been completely removed.

In a state of health, says Mr. Abernethy, a sufficient quantity of bright yellow bile ought to flow into the bowels, to tinge the motions of the colour just mentioned. When the bile is deficient in quantity from obstructions of the liver, the motions partake very much of the colour of the food of the individual. In children they will be white; in adults, for the most part like whited-brown paper, as is the case in jaundice. The stools may also be too light a yellow, when only a small quantity of bile is secreted. If the bile is disordered, it is usually changed and unnatural in colour, and the stools partaking of this, will appear of a deep olive, of a clay brown, of a blackish brown, or sometimes as black as pitch; all of which indicate some material disorder in the liver.

Mr. Brodie, in order to discover the action of the bile on the digested food as it comes from the stomach, prevented the bile from flowing into the intestine, by tying up in young cats, the pipe or duct which conveys it. This experiment, cruel as it was, proved to him the important fact, that when the bile was thus obstructed, not a single particle of food was ever changed into chyle, which is the source of the blood, and the grand restorative of the body. The bile being therefore indispensable to this process, it must be indispensable to healthy nourishment.

Now, those who are much employed at the *desk*, cannot well avoid pressing externally upon the liver, either by bending the body forwards, or leaning on the edge of the desk. The consequence is an obstruction of the bile, and hence irritation and inflammation of the liver, wasting of the body for want of nourishment, obstinate costiveness and sometimes troublesome flux, with all the annoying attendants of hacking cough, loss of appetite, sick headache, wandering pains, and often daily vomiting. The tongue, gums, and teeth, are covered in the morning with viscid mucus, sometimes brownish and sometimes white; the mouth has also a bitter disagreeable taste, and, during sleep, is apt to become parched and dry. Towards evening, the hands and feet become hot and burning. There is usually great languor, and disinclination to all movement or exercise, with feeling of weariness on the slightest exertion.

The prevention of these serious ailments must be effected by

avoiding as much as possible a stooping position of body, and all pressure on the desk. The diet must be light and nourishing, and all intemperance in eating, drinking, and other sensual indulgences, must be carefully abstained from. Above all other things, late hours, pepper, mustard, hot suppers, wine, spirits or malt liquors, smoking tobacco or snuffing, lying late in bed, &c., are very prejudicial to the health of the liver and the proper secretion of the bile. We must also particularize hot rooms, and even too warm clothing, as highly detrimental. It is well known what injurious influence a hot climate, as that of India, produces on the liver; and the same evil is produced by every sort of artificial heat. The wretched epicures on the Continent have philosophy enough to know this, and when they want a nice turkey's liver, enlarged by disease to six times its natural bulk, they nail the poor creature's feet to a board, to prevent it from using any exercise, place it before a large fire, and feed it on grain mixed with hot spices. We may learn something even from this horribly depraved barbarity; for the very opposite of it will, other things being equal, keep the liver in a healthy state. It is not, however, to be concealed, that many are no less barbarous to themselves than the epicures are to the poor turkeys—exercising their limbs no more than if they were nailed, while they live in hot rooms, keep late hours, and feast on spiced meats and strong liquor. Who can wonder, that the livers of such will, like that of the turkey, rapidly enlarge by disease; and bring them at last to oppressive dropsy and a premature grave?

If the liver is indolent, the bile in deficient quantity, or stagnating in its passage, known chiefly by continued costiveness, then the most powerful medicine is some preparation of mercury, kept within the cautious bounds of moderation. Three grains, for example, of the blue pill (almost as well known even out of the profession by the name of *Pilul. Hydrarg.*), every night in a cup of camomile or dandelion tea, will, in a week, be found beneficial without producing any purging, or other very marked effect. If this is found inefficient, the Dinner pills, (page 84.) may be tried, or the

Alterative Bilious Pills.

Take one drachm of precipitated sulphuret of antimony,
the same quantity of submuriate of mercury,
two drachms of gum guaiac.

Mix the two first ingredients in a mortar, addthe guaiac and mix. Make into a mass with gum arabic mucilage, and divide it into five dozen pills, one or two for a dose at bed-time.

When the bowels, on the other hand, are too open and irritative, we advise, as the best remedy, an occasional small dose of good castor oil, or the

Strengthening Pills for Weak Bowels.

Take five grains of subcarbonate of ammonia,
eight grains of extract of rhubarb.

Make into a mass, and divide into two pills. One, or both, to be taken at bed-time in a cup of camomile or dandelion tea.

No medicine, however, will do any good without daily exercise in the open air and regular living. One of the most powerful means of restoring the health of the liver is a rigid course of Gymnastic Training, according to the method laid down in this work.

[" *Desk Diseases*" *will be continued.*]

Art of Gymnastic Training, improved and applied to Strengthen the Weak and Nervous.—No. III.

The extraordinary interest with which our former articles on Training have been received, shows the merited importance of the subject, both to the healthy and to those who are desirous of increasing the strength of a weakened or diseased constitution. We may venture to affirm, indeed, that the subject has never before been treated scientifically and critically; and though the professors of the art have from experience come to establish many correct points, and are generally right, yet, as we have shown, they sometimes fall into considerable errors, as in the example of the sinewy parts of fowls given with the view of strong nourishment. On the subject of drink, now to be discussed, we shall find occasion for similar remarks.

Science of Drinking.—Quantity.

The leading rule in training with regard to the quantity of liquid is, that the less that is drunk the better, as in proportion to the quantity taken the flesh becomes more flabby, and the muscles less firm and vigorous.

Let us try this maxim by the test of science: Mr. Jackson and Captain Barclay give their word for the experience of the thing. We say then, that the quantity of drink must depend altogether on the sort of food eaten, as must also the kind of liquor used. If you live almost wholly on vegetable food, like an Irish peasant or a Hindoo, you will for the most part require no drink at all, except when exhausted by heat and perspiration; for water constitutes so large a proportion of all vegetables, that little else is necessary. The peasants accordingly, who live on

vegetable food, seldom drink any thing but ardent spirits, and that necessarily in small quantity. They seldom or never drink large quantities of beer or porter, and have little relish for it. The case is very different with those who live on a large proportion of animal food, as in the case of the working classes in London, who could not live were they not to indulge in copious potations of some kind or other; for as their animal food contains but little water, and besides is strongly stimulant, and spurs on the secreting glands to take so much fluid from the blood, there must be a supply provided to overbalance the expenditure, or intolerable thirst, fever, and other diseases, will ensue.

If, therefore, you eat a large quantity of beef or pork, more particularly if it be salted, or if you drink much wine, or *hard* malt liquor, the stimulus which it produces on the glands causes a greater expenditure of fluids than it supplies. For example, it spurs on the kidneys to give out more urine, the liver to give out more bile, the skin to throw off more perspiration, the lungs to throw off more moisture, and the fountains of the mouth to produce more saliva—and of course all these are to be supplied from the blood, so long as it can afford the supply. When the blood has at length parted with as much fluid as it can spare, the fountains of the mouth, as well as the liver, kidneys, lungs, and skin, thirst for more, and become hot and uneasy, because they cannot get it. Training, it will follow, must produce considerable thirst, as there is so much animal food used, which produces a high stimulus, and so little watery vegetable food.

The feeling of thirst is given us to indicate the want of fluid in the blood, for when in its course, the blood comes to the fountains of the mouth, and cannot supply fluid enough to moisten them, thirst is the necessary consequence. But when this is the case, it must be obvious, that drinking will not and cannot *immediately* quench thirst, be the drink taken what it may in quantity or quality; for before it can properly quench thirst, it must pass into the stomach and be digested, to fit it for mingling with the blood, and this process always requires some time. From not knowing this simple fact, many persons when thirsty drink too much, and oppress their stomachs with a superfluous quantity of liquor. We have known even water-drinkers, very much injure their stomachs by too copious libations.

Now for the practice of Jackson, Barclay, and other celebrated Trainers:—Those who are put under training for pugilistic purposes, are prohibited from exceeding three English pints during the whole day, which is to be taken at or after breakfast and dinner, but little is allowed after supper. The trainers for running are allowed a little more, but are restricted

to four pints a day. The ancient athletæ were also allowed but a very small quantity of liquid, the *dry diet*, as it is called, having formed an indispensable part of their system. The reasons which modern trainers give for their restrictions are, that the belly is apt to swell from copious drinking, and that this is bad for the wind. Drinking besides promotes perspiration and urine, which are extremely weakening, unless produced, say they, by exercise. Mr. Jackson says, that if a person having a tendency to corpulence, would restrict himself to three pints daily, instead of copious draughts and large quantities of liquor, he would, in less than two months, find himself two or three pounds lighter.

We may be permitted to add in this place, the method which we have devised

To quench Thirst immediately, without Drinking.

if it becomes at any time troublesome, as it sometimes does during a course of training. On the principles already laid down it will be at once manifest to all, that the speediest way of quenching thirst is—not to supply liquid, but to prevent its expenditure, and to soothe the glands of the mouth, &c., which crave supply. Economists and misers well know, that "to save is to gain." On this principle then, by applying cold water to the skin you stop the pores and diminish perspiration; even dipping the hands in cold water has often an instantaneous effect in quenching thirst. At sea, this is of the utmost consequence, when water becomes scarce; bathing in salt water being the best remedy for the torments of thirst. Great draughts of liquor are thought to be very injurious, as this only deluges the stomach without quenching thirst, which is more effectually accomplished by taking the liquor in mouthfuls only.

The best Kinds of Liquor.

If we were to speak as physicians, we should say, that water would be the best liquor in training; but it is never given alone in modern times, as it is thought to be a weakening drink. The ancient athletæ, however, were allowed nothing but water, or some sort of thick sweet wine. The drink which is preferred in modern training is, good old malt liquor which is bottled. We should add the indispensable condition, that it be as mild as possible, without any perceptible tartness or harshness. It is occasionally taken with a toast in it, but this is conditional. Those who do not like malt liquor, particularly for breakfast, may have half the quantity of wine and water. Even tea (not hot,) is permitted, but this reluctantly, as it is not considered strengthening. Hot, or even warm liquor of any kind is reckoned

very weakening, and is never given except warm gruel or beef tea, when taking physic. Those who have been accustomed to wine and insist upon having it, are recommended to take red wine, in the quantity of half a pint to dinner, but none is allowed for supper. Mr. Jackson, however, is positive that if a person, accustomed to wine, would relinquish it for malt liquor, a few weeks would convince him of the superiority of the home-brewed over the foreign stuff. No spirits are ever permitted, not even with water, under any pretence or consideration whatever. We may also mention, that no milk is allowed, as it is, particularly when strong and creamy, of a fattening and weakening quality.

No drink is permitted *before* meals, unless there be distressing thirst. In such cases, we should prohibit drink peremptorily, and recommend our substitute of bathing the hands and face in cold water.

Our next article on the "Art of Training," will contain the important subjects of "Exercise and Sleep."

On the Crime of Abstinence. By the Holy Alliance.

Kings and constitutions may well be said to be *semina non bene junctarum*, and were it not for the high influence of the pleasures of good living we should never have a peace. The table is a magnet, which not only attracts around it all those who come within its centripetal sphere, but connects them together by ties which no one ever wishes to dissolve. These are much stronger among good fellows than other persons; not only from the principle of attraction in a conformity of taste, but because good fellows are more sociably disposed, more frank and cordial, and are, in fact, better men than any others of the human species. However, this last assertion may occasion a sneer of disbelief on the wan visage of water-drinking cynics, it is susceptible of the most incontrovertible demonstration. We prove it thus—no man abstains from the pleasures of the table, unless forced to do so by some constitutional defect of proper legitimacy: the greatest defect in the constitution is a bad stomach: if the stomach be unsound, the heart which is lodged in it must be corrupted; it therefore follows, that all the abstemious are persons of bad heart, and the converse of this proposition evidently is, that all legitimate good fellows are persons of a good heart as well as a sound constitution. The truth of this axiom is confirmed by the daily experience of society: your sober people, not having the power to digest sufficient food and wine, to support the system and stir the generous current of the blood, are cold in manners as in constitution; and from being pursued

with the eternal consciousness of their deficiencies, they are ever envious and malignant; while the jolly votary of the table, revelling in the full tide of enjoyment, feels no corroding anxiety check the warm impulse which expands his mind to hilarity and his heart to friendship; and, as good cheer is the nurse of good humour and wit—a good stomach is the parent of every social virtue.

Let us be assured, therefore, that the connexion between a good sauce, whereby the powers of the food are cemented, and a good stomach, wherewith the constitution is supported and the social system maintained, possesses the only legitimate title to respect, and is, in fact, the real secret of the Holy Alliance; without which it could not subsist for an hour, though it were pillared on the foundations of the earth—guaranteed by the Prince of the Powers of the Air—and sanctioned by—&c. &c.

To Brew Ale or Beer in a Tea-Kettle.

The art of brewing, it has been well remarked by Cobbett, is very similar to the process of making tea. If you put into a tea-pot a handful of malt, and fill it up with hot water not quite boiling, and continue adding water and pouring it out till it comes out tasteless, the strength of the malt will thus be extracted just like the strength of the tea leaves. This malt tea boiled with a few hops, and, when cooled to about blood heat, having a little yeast added to make it to ferment, will produce you a quantity of ale or beer, according to the strength you have made it.

Apply this, which is the whole art of brewing, to the making of a larger quantity, and you cannot be out. A peck of malt and four ounces of hops, will produce ten quarts of ale better than any you can purchase, and for this purpose all you require is a large tea-kettle and two pan mugs. For a larger quantity you must have a mash tub and oar, a sieve and two coolers, a wicker hose, a spigot and faucet, with two nine gallon casks. These will cost about £2 new, and you may brew four bushels of malt with them, and allowing four pounds of hops, this will yield nine gallons of the best ale, and nine more of excellent table beer.

Story's Worm Cakes

Are made from the same active drugs, calomel and jalap, as Ching's lozenges, receipted, page 124, above, The colour is given by cinnabar, which is a combination of mercury and sulphur. The effect of both these nostrums is very similar, namely,

violent purging, which certainly will evacuate worms when present; but so far from curing the complaint, that there is every chance of its being aggravated from the weakening of the bowels by the medicine; for worms are only generated when the bowels are weak and slimy, as we shall take an early opportunity of showing at length.

Gardiner's Worm Medicines,

Are precisely of the same description, that is, he uses violent purgatives, such as jalap, calomel, turpentine, &c., although he denies that he ever uses mercury. How people can be so infatuated as to swallow the nostrums of an ignorant man like this worm-quack, an old life-guardsman, who cannot write a sentence of a correct English, would not be easily believed were it not so common. We have no doubt that he performs cures, for all violent drugs will in general either kill, injure or cure, and those who thus deliver themselves into the hands of a rash, impudent, and ignorant mountebank, deserve most richly to pay the penalty of their stupidity. Those who take his "Alterative *Pills*, which," he says, "*purifies* the blood and *expels* worms," may be assured in Gardiner's own words, that they "occasion piles, ulcers, *fistulas fevers* (what are these?) of every kind, and nervous diseases of all descriptions. In short, they destroy more than sword and pestilence combined (*with*) Dr. Ramsay" (who is he?). Thus writes the man who avers that he has become "under God, the happy instrument of snatching persons of every age and sex, from the very verge of the grave!" and who says he is "recommended by 1500 ministers." If this be true it only shows, that ministers are easily befooled or easily bribed to lend their aid in a humbug. Whitlaw is also patronized by a similar muster-roll of reverends, and soothing Lady Mutton also. *(see page 163 above)* To our readers we say beware of all such wolves in sheep's clothing. We shall soon expose this clerical humbug.

Roasted Corn, or Breakfast Powder; with the Incredible Extortions of Hunt and Others.

Like all substitutes, this is inferior to the principal, which it is meant to supply; but it is, we conceive, a very valuable article, in an economical and also in a wholesome point of view. To those who are not amateurs and judges of good coffee it will perhaps appear equal to the foreign article; while to those who have an intense discrimination of genuine Mocha it will appear as intolerable as Mr. Deacon's Colonial, though this, by the way, is much and not unjustly relished by the Cits

about Snowhill and Holborn Bridge. We have said that few persons in this country *know* good coffee, and we are likely we think, to go backwards in the art if we are mad enough to follow the receipts in Colburn's Practical Economy, the Footman's Directory, Mackenzie's 5000 Receipts, and such trashy books, where we are recommended to simmer, boil, decant, fine with isinglass, season with mustard, and similar absurdities, by which the best coffee will certainly be rendered worse than the worst breakfast powder from roasted corn. "Coffee boil'd," is certainly "coffee spoil'd." To simmer it, or fine it, is no better. We have already given the only genuine way of preparing coffee, (page 36) and if the same is practised for Breakfast Powder, it will be much superior to coffee made by any of those ignorant methods, of boiling or simmering.

To procure *good* breakfast powder, however, you must not purchase it roasted or ground, either from Hunt at a shilling, from Jasckon and Co, at eightpence, or from Hunter who prints his name "HUNTER" at sixpence a pound, though you may have the very same article at all those prices. It is all bad, and must be bad from lying long roasted in the shops: Jackson's is roasted at Birmingham!! It can never be good, unless it be roasted and ground the same day, or at least a short time before it is used; indeed it ought to make but two leaps, one from the roasting pot or frying pan into the mill, and another from the mill into the Rumford coffee-pot or drainer. If you add about one fourth of genuine coffee, it will much improve it, and still the saving will be great.

The only grain that should be used is rye, which ought to be of the largest and plumpest grain. Wheat is very inferior, though it is often we believe sold. Suppose rye is 32 shillings a quarter, which is much higher we believe, though we have not calculated, than the average, a bushel will only cost 4 shillings, and will usually produce you, allowing for loss in roasting, about 48lbs. You will therefore only be one penny a pound for your breakfast powder, and if you roast it yourself, as you must do to have it good, it will be very superior to that for which Hunt has the philanthropic conscience to charge a shilling; bringing into the pockets of this reformer of abuses the very *moderate* profit of £88 per cent!! chiefly too out of the pockets of the working and middling classes. HUNTER finds he can live at less than one half of this unconscionable extortion; having only 5d., while Hunt has 11d. of profit on each pound. We are positive also, that home-roasted corn, is to Hunt's or Hunter's as two to one in quality; and if respectable grocers and others, would take the trouble of roasting it, at least twice or

thrice a week, grinding it when it was called for, and selling it at three-pence or four-pence a pound, they would both make a good living profit, and instantly put down those rascally extortioners, who, under the pretence of philanthropy and hatred of taxes, would screw the last penny out of the hard working labourer, and then set up a grand huzza for the liberty of robbing the poor, under the knavish colour of selling them cheap breakfast powder!—We would rather pay high taxes which are known, than extortions which are unknown.—We have not yet done with this villainous humbug, but our space compels us to leave it for the present. We have obtained some items of the actual sum which Hunt has now realized by his extortion; but we should be thankful for a few more. We know of no imposition which more richly deserves exposure.

Some have felt the worse for using the breakfast powder; but this must be owing to peculiarity of constitution, as some are affected in the same way with coffee or tea. Dr. Gall, the craniologist, is thrown into convulsions if he eat mutton! The breakfast powder is however a very wholesome beverage, to those who have no such peculiarities of constitution; and the saving to families, if it is roasted at home, will be very great; as three or four shillings' worth would supply a small family for a whole year. Rye, by last average, Oct. 25th, was only 28s. or 3s. 6d. a bushel, weighing nearly 60lbs. before roasting.

Cheap Scouring Drops.

This is another imposition by which the makers realize from 70 to 80 per cent. on the first cost. We shall now teach our readers to prepare the whole for a penny a bottle, equal, if not superior, to what is sold at thirteen-pence halfpenny by perfumers and venders of patent medicines.

Take a wine-glassful of the rectified oil of turpentine,
half a tea-spoonful, or more, of essential oil of lemons.

Mix them well and preserve in a well stopped phial. If you have not oil of lemons, oil of cloves, of cinnamon, or of peppermint, will do. We recommend the articles, *not* to be purchased at Apothecaries' Hall, but at Allen's, Plough-court, Lombard-street; Hume's, Long-acre; or Gardiner's, Oxford-street.

The scouring drops thus prepared, are of a pleasant odour, and will take out of silk, woollen, linen, or cotton stuffs, all sorts of grease spots, oil, paint, pitch, tar, fruit stains, &c. by rubbing a little on the stain with a piece of silk or woollen cloth. A bit of silk velvet is the best rubber for silks. The drops do not affect the colours of stuffs.

Scouring Balls.

This is not so elegant nor so effectual an article as the scouring drops; but may be made for less particular purposes, such as taking grease, oil, or paint, out of carpets, &c.

Take some Fuller's earth finely dried and powdered,
Moisten it with pure lemon juice,
Knead it up with a little pure pearl ash.

Form it into small balls for use. The stuff, where stained, is first to be moistened with water, then rubbed with the ball, dried in the sun, and washed out with clean soft water.

To make nice Bologna Sausages.

We are indebted to our friend Professor Von Kuhl, a native of Bologna, for the following receipt.—Clean some guts very nicely to be ready to receive your ingredients. Then, take from half a pound to ten pounds, according to the quantity of sausages you intend to make, of each of the following articles, namely, beef, fed veal, young pork, and beef suet, and half the quantity of the lean and as much of the fat of good bacon. These must all be chopped very fine, and mixed with a small quantity of sage leaves, thyme, savory, marjoram, &c. according to taste; and seasoned also with salt and spices according to the liking of those who are to eat the sausages. The boiling is to be managed in the same way as already directed for the Scots haggis, taking care to have your water boiling when they are put in, and pricking the skins to prevent their bursting. An hour and a half, or two hours' boiling will be sufficient.

Broken Limbs Cured without Rest, with the Case of Mr. Wallack, the Actor.

A young surgeon, of Blackfriar's-road, named Amesbury, has discovered a method and an apparatus, by which he has been more successful in curing fractured legs and arms, by allowing the patient to move about, than others who have confined them rigidly to bed. Sir Astley Cooper, Mr. Travers, Mr. Brodie, and we believe Mr. Lawrence, have all successively patronized the young man, have entrusted him with patients having fractures in the hospitals, and have even most liberally recommended to him private patients of considerable note.

It would be quite hopeless to give intelligible details of the method and apparatus here; but it deserves to be made widely

known, that those who are unfortunate enough to break their limbs, may have the comfort of getting them to rights again without the tedious and unwholesome confinement hitherto practised; with the advantage also of having the broken parts more correctly and more firmly united than by the old method, for such is the fact.

Among other cases to which Mr. Amesbury has successfully applied his method, we may mention Mr. Wallack, of Drury-lane Theatre, who is well known to have met with a bad fracture in America, and from mis-treatment, or from the imperfections of the old system, was on the eve of being rendered lame for life, to the utter ruin of his professional prospects. On coming to Europe, and consulting Sir Astley Cooper, Mr. Wallack was advised to put himself under the care of Mr. Amesbury, who completed his cure in, we believe, about seven or eight weeks. So far from being confined, Mr. Wallack was allowed to go about at his ease, visiting Vauxhall, &c.

Any country surgeon may be partially instructed in Mr. Amesbury's method, by turning to his own papers in the various medical journals published in London; though for want of plates of his apparatus, those papers are not quite so intelligible as could be wished.

Scurvy, arising from the Use of Soap, and its Cure.

Raise up with the point of a needle, a small portion of the outer or scarf skin of the hand, and you will see how thin and fine it is, except in those parts which are much exposed to hard pressure, as on the tips of the fingers of those who practise long and daily on musical instruments. Now this skin, as we have seen in our article on "Chapping," is very easily destroyed or cracked, leaving the thicker and more sensitive skin below raw and sore. Mere chapping, however, is a trifling ailment, compared with the obstinate and tormenting complaints which we take leave to call Fire Scurvy, and Soap Scurvy, and which are known under the names of Baker's itch, and Washerwoman's itch. In the one, the scarf-skin is destroyed and cracked by exposure to the heat of the oven; in the other, the same evil is produced by the dissolving and corroding qualities of soap.

We are more particular in mentioning the injurious action of soap on the skin, that many who have delicate skins, and are not aware of it, may not only make them harsh and scaly by the imprudent use of soap, but may actually induce, by the same means, a troublesome and tedious soap scurvy.

Soap is made of soda or potass, combined with some sort of

grease or oil, and in brown soap resin is added to make it harder. Now, soda or potass alone, applied to the skin, will burn it as certainly as a hot iron; and though the oil prevents this effect in some degree, it does not altogether. Put a little of the soap with which you wash yourself, upon any sensitive part, such as a fresh wound, the tip of the tongue, or the inner side of the eye-lid, and you will soon be convinced that the grease or oil has not killed all the alkali, nor taken away its caustic and smarting properties. You may be sure then, that it will act every where on the skin, though you may not immediately feel it. How frequently do we hear complaints made against ill-set and foul razors, for producing tenderness and scorbutic sores on the chin and face, when the whole crime is chargeable on the shaving soap. How frequently do we see the face and hands of beauty, deformed by red excoriations and scorbutic blotches, while infection, diet, the season of the year, and the like, are alternately accused, though nobody ever suspects the soap, which is the sole cause.

Confirmed soap scurvy, such as happens to washerwomen, and sometimes of delicate ladies, is a most tormenting and almost incurable complaint. The intolerably painful itching, however, may be alleviated by the means recommended, page 145. The most convenient means of preventing the injurious effects of soap are to use it in as small quantity as possible; or, what is still more effectual, and may be relied on, make a lather, as if for shaving, and add to it the best palm or olive oil, till it cease to have the strong alkaline taste, and to be capable of smarting the inner skin of the eye-lid. In this state you may use it with safety.—This paper is not, as will be perceived, intended for those who have hard, rough, weather-beaten skins.

London Quackery.

Within a very short time, precisely opposite to the office where our publication is printed, in the Strand, the entire front wall of a house has been covered with staring letters, announcing it to be the residence of a quack or quacks. What the numerical truth is, we do not and cannot know, as it does not seem known to the non-descript inhabitants themselves, who sometimes advertise Messrs. Thomson and Co., and sometimes only Dr. Thomson, like the Rakasiri Jordans, or Friedeberg, the Jew of Paternoster Row, who has got some needy fellow of the name of Sloane to take away the odium of the affair from himself, and who now advertises "Sloane and Co." Friedeberg is altogether innocent of any knowledge of medicine,—he does not pretend to know

it ;—but we understand the fellow who takes the name of Sloane has got some smattering of the art—science it would be saerilege to call it,—in the same way as the fellow who conducts the infamous firm of Goss * and Co., Bouverie street, Fleet street, of Ægis notoricty, is well known to have *walked* the hospital of St. Bartholomew's. Dr. or Messrs. Thomson, call their grand medicine the "Gout extractor;" and they have besides, other minor drugs for toothache, palsy, rheumatism,&c., all equally excellent for ridding deluded patients of their cash, and very probably of their life. Beware of Jews!

To Make Eau de Cologne.

This expensive perfume, which was a great favourite with Buonaparte, may be prepared by the following receipt :—

Take six pounds of rectified spirit of wine,
a pound and three quarters of spirit of rosemary,
a pound and two ounces of Eau de Melisse des Carmes,
an ounce and a half of essence of bergamotte ;
three fourths of a drachm of essence of neroli,
one drachm of essence of cedrat,
one drachm and a half of essence of lemon,
one drachm of oil of rosemary.

Mix and distil in a water bath ; be very careful in receiving the product, and keep it for a space before using it in a cold cellar or ice house. Its only use is as a perfume and a flavouring essence. Its cosmetic powers are celebrated ; but for such we can give it no credit.

To Cure Piles.

As no class of men are more subject to piles, than those who are much engaged in the employments of the desk, we shall reserve a more minute account of the disease for one of our papers on "Desk Diseases". In the mean time, we shall give one or two receipts for the cure. When there is much heat or inflammation, the cooling laxative draught, page 86, should be often repeated, and the parts may be anointed with

Sir H. Halford's Pile Ointment.

Take one ounce of the ointment of nitrate
of mercury
the same quantity of almond oil,

Mix them well in a porcelain mortar, and apply to the parts affected as occasion requires.

When the piles have been of long standing, and are rather in-

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* *Quere* Goose.

dolent than inflamed, in consequence of weak habit and deficient moisture in the intestine, the compound tincture of senna may be taken; a very good remedy also is,

Ward's Paste for Piles or Fistula.

Take half an ounce of elecampane root powdered
the same quantity of black pepper powdered;
Mix well in a mortar, then melt over a slow fire,
one ounce of clarified honey,
the same quantity of white sugar.

Mix well with the former and it is ready. The size of a nutmeg may be used three times a day.

The Christmas Wassail Bowl.

By a Fellow of the Antiquarian Society.

The oldest of our British writers, Gildas, Nennius, and Alcuin, contain allusions to this glorious relique of antiquity; and our own darling Shakespeare, or as Mr. Henry Neale most originally designates him, "the sweet swan of Avon," shows his intimate acquaintance with the Saxon Chronicle, Matthew of Westminster, Geoffery of Monmouth, and William of Malmsbury, by alluding to this ancient Christmas enjoyment, in the song—

When roasted crabs hiss in the bowl,
Then nightly sings the staring owl,
Te whit! te whoo!
Twelfth Night.

The concluding line of this has been plagiarised by Coleridge, in his Christabelle, and by the Messrs. Smith in the "Cock-a-doodle-doo," of the Rejected Addresses. Wordsworth also takes the same hint in describing the braying of Peter Bell's Ass; and the terrible Editors of Blackwood's Magazine, in noting in score the pitiful howlings of the *ci-devant* Scotsman in their "Sorrows of the Stot." But to return from digressing.

The Wassail-bowl, as transmitted to us from the Saxon period, is prepared with pure ale or wine highly spiced, according to the taste of the parties, into which roasted apples are thrown hissing hot. There is also sometimes the addition of eggs, but this is not to every one's taste. Mr. Leigh Hunt, whose ideas seem to be all verdant, recommends evergreens and a "bronze" bowl; from which it appears that he knows nothing of chemistry.

[We more than suspect the accuracy of the learning attempted to be shown in this paper, though it do come from an F.S.A.—There is such a thing as second hand knowledge and learned quackery, and we imagine this is a specimen.
Editors.]

January Diseases and the Means of Escaping them.

———With some delight the day outwear
Although the coldest of the year.

Ben Jonson.

We come "old January, wrapped well in many weeds to keep the cold away;" welcome frost and clear weather; and thrice welcome the bracing exercise in the bright cold sunshine by day, and the blazing hearth and the well garnished table at night! But to enjoy all these and join safely in *our* welcomes and *our* pleasures, *you* must beware of inflammations and severe liver diseases, which, during this frosty month, are ever and anon making victims of the unscientific and incautious.

For this, we blame, first, the electricity of the air, and secondly, the unskilful gourmandizing of those who talk and tattle enough about "the feast of reason and the flow of soul," but who assuredly know them not, nor ever can till they deeply study our science, and not only study it, but reduce it to careful practice in every bit they taste, and every glass they honour by drinking scientifically. It is, in good sooth, an insult—an unchristian insult to good viands and good liquor to use them ignorantly, and instead of turning them to the account of health and long life, to force upon them the misdemeanor of producing disease or the crime of assassination and murder. Yet this is done in old England every day of the month, in spite of law and reason, and of the awful forewarnings which we have so often and loudly repeated. (See pp. 8, 55, 166, &c.)

The electricity of the air, we say, is an active cause of January diseases, and for the very opposite reason which we have given in November (page 128). In foggy weather, wear silk waistcoats to prevent your due proportion of electricity from escaping out of your body; but in frosty weather the danger is that you may have an undue proportion of electricity, which in that case will act as a brisk stimulant, and by spurring the liver, the lungs, the bowels, or the brain beyond their wonted speed of action or secretion, will infallibly bring them into violent

Inflammation.

You may know and avoid the approaches of this deadly enemy to health, by observing after some days of clear cold weather, and of a high state of health, that your head feels heavy and your stomach as if loaded, though you have only eaten moderately; and along with these, occasional chills in the back, and burning heat or sweating of the hands. If you are a denizen of

the free air of the country, now is your time to lose a quantity of the superfluous blood, which, fostered by the electricity of frosty weather, and by holyday feasting, is distending your veins and arteries. Leeching or cupping is, in most cases, to be preferred to the lancet, but this must go by circumstances. If you live in the crowded streets of a large city, your system will be less able to bear much loss of blood, and you must have recourse to a

Brisk Purgative for Inflammations.

Take one grain of tartarized antimony,
one ounce of sulphate of magnesia,
six ounces of distilled water,
half an ounce of orange syrup,

Dissolve, and make a mixture, three table spoonfuls to be taken every two hours till effectual.

Or, if this is not sufficient, try the

Cathartic Lavement.

Take an ounce and a half of Epsom salts,
thirty ounces of gruel or barley water.

Mix, and inject from the common clyster bag, or with Reed's patent syringe; and, if necessary, repeat the lavement.

This will in all probability check the inflammation, if it be taken early enough; but if not, then it must be repeated at least twice, or a blister applied near the part in pain. Next to the injurious electricity, we must place the

Dangerous Sequel of Holyday Feasting.

It is not, as may be fondly fancied, the headache and the qualms of the succeeding morning, that terminate the folly of unscientific eating; for you may have to lament for weeks and months the sad consequence of your ignorance of gastrology, a science above all others important—and which it is one leading aim of our work to teach thoroughly. If you have sat down to your Christmas dinner, your family feast, your New Year's day banquet, or your rich Twelfth cake, without due preparation by first studying our rules of good living; and if in default of such preparation, you have been forced into a disagreeable acquaintance with disordered bowels, swimmings in the head, and gorged or inflamed liver, with fretfulness, low spirits, and wandering pains, there is no help for you—nothing to keep you from being cooped up in your bed-chamber, and from *enjoying* the visits of old Death's harbinger—the Apothecary, and swallowing pint after pint of his poisonous and nauseous draughts, while he fails not to give you daily the comfortable assurance

that you are getting better, though the rascally jackal is at the very time preparing your skin and bones for the old lion's maw.

Apothecaries' Draughts,

indeed, usually sent in to the number of three or four a day, are the death of more persons in England, than either damp, cold, or unscientific eating. We formerly (page 100.) mentioned a sterling test of an upright apothecary, who shall be more anxious for your recovery, than for the number of draughts he can squeeze into your stomach, and of items into his bill. We think it a subject that cannot be too often recurred to, nor too strongly denounced. If your apothecary (since you must have one), sends you in two, or three, or four draughts a day, with a proportional number of pills and powders, you may to a certainty pronounce him to be a jackal, and should lose no time in giving him his *mittimus*, otherwise you may well consider yourself in the light of a morsel under cooking for his royal master. No disease known to us can possibly require such hourly drenching and cramming the stomach with poisonous drugs, as is constantly practised. One effective dose in very violent diseases, repeated two or three times according to necessity, is enough of drugging in all conscience. More than this has a greater chance to harm than good; but your jackal makes no distinction; you must have your regular number of draughts, whatever be your disease. But take our serious advice—always measure the honour and skill of your apothecary by the fewness of his drugs; and his meanness and knavery by their hourly number. In the case of

HOLYDAY INDIGESTIONS,

nothing on earth will more certainly aggravate all your disorders of liver, stomach, and nerves, than drugs and draughts prepared for the express purpose of picking your pocket, and of continuing the depredations on your purse by increasing your complaints, and consequently affording a pretence for sending you a fresh cargo of abominables from the "Larder of Death." This is genuine legitimate quackery, which is a thousand fold more destructive to health and life than the open mountebankism of Eady, Jordan, or Goose, Ægis, and Co. And so much the worse it is, that the law prohibits us from exposing it in individual cases, truth being it seems a libel, when it is spoken of the regular apothecary. We hope, however, to devise means of saving the health, the purses, and the lives of our readers, in spite of the law which protects the apothecary, while he administers your death-draught, and the quack, when he kills you under the sanction of a royal stamp, and the protection of Parliament.

We put our absolute prohibition on indolence and idleness in all threatenings of holyday indigestions; and though, "when blood is nipp'd and ways be foul," there is little to invite us out of doors, we are not therefore to foster lethargy and low spirits, by dosing away the hours in lifeless and drowsy melancholy, nor even in pleasures and comforts altogether sedentary. Up then, and be merry! strike up the lively air, and stir the "lagging current of the blood" into active circulation by the song and the dance! In your snug parlour, you may bid defiance to the winter's blast; and at the same time have your pulse beating as light and free as that of the healthy forester or the hardy shepherd. Not, however, by drowsing in your down bed, nor like my lady's lap dog, lounging away your time on sofas, *à la Kitchener*, which we denounce as the bane of all enjoyment, and the infallible source of bad health and speedy death.

The physicians—as usual—are grossly wrong about the current of the blood; and pursuing a shadow (a black image, by the way, of their absurd mysteries), they lose all sight of plain and practical facts, and after be-clouding their own eyes, they spread a darkening fog before the eyes of others. We have penetrated, however, their thick cloud—detected the error—and we now request your attention to our exposure of the

False Philosophy of Long Life.

"The more quickly the blood circulates and the pulse beats," say your wise doctors—"the sooner will you die; for the frame of the body is such, that it can only sustain a certain number of beats of the pulse, and like a wound up time-piece will stop when the number of beats is complete, and the chain run to an end."

Dr. Kitchener, whom we have found so obstinately unteachable, chimes in most Dibdinally with the same doleful ditty. Hear him:—

"One may form some idea of *the self-consumption of the human body*, by reflecting that the pulsation of the heart, and the motion of the blood connected with it, takes place 100,000 times every day; *i. e.* on an average the pulse beats 70 in a minute. "What machine," he exclaims, (adjusting his spectacles the while, to the angle of wonder), "what machine of the most adamantine material will not soon be the worse for the wear from such incessant vibration."

Ah! doctor, this will never do. It is sheer ninnyism.

Our days are numbered, we admit. We have not the impiety to dispute the decrees of heaven; but we reject with scorn the impious doctrine of the human body being a mere machine,

wound up to perform a certain number of pulsations. It is in daring opposition to all the little we know of divine wisdom, and is only fit for the brains of atheistical water-drinkers, or for the pages of the Peptic Precepts, or of Lawrence's Lectures. But truce —the practice is as bad as the precept; for as your pulses are numbered, the learned doctors tell you "that the more slowly you keep the heart beating the longer will your chain be of running down—the longer in short, you will live." Of all things then, according to this absurd and impious system, Dr. Kitchener's dosing siesta is the best for retarding the march of life, and keeping the pulse from running the race of death. Live like a cabbage, live like an oyster, and your pulse will make no haste to tickle the life out of your body. Sleep all day, dose all night, live upon caudles and beef-tea, beware of stirring a limb, tasting a glass of champaign, or enjoying a devil of woodcocks or a braised turkey, and your pulse will stagnate like a standing pool, and you may count on length of days till your life become a burden and "desire shall fail."

If this be life, we'll none of it. We must be cheerful, and merry, our heart dancing, our pulse bounding, and with our gay companionship, we must float along the laughing tide of enjoyment with exercise at the oar, pleasure at the helm, the blythe breeze playing around us. Doctors are in the same error about the pulse as the barrister was with his unfortunate comparison of the mountain torrent and the swamp stream; for it is most clear that you may readily stop the one when the other will break over every embankment; in the same way as apoplexy, gout, corpulence, scrofula, and consumption, will more easily and certainly stop the current of a sluggish-siesta-pulse, in defiance of "Tewhadiddle and Peristaltic Persuaders," than the merry stream of a pulse whose current is quickened by brisk exercise, the "breezy call of incense breathing morn," and the scientific enjoyment of good living. Such a pulse will set disease at nought, and bring with it a long and a happy life; such a pulse, thanks to kind Providence, and our scientific mode of living, we now enjoy, and we wish the same to all our readers; and we may confidently assure them they have it in their own power if they will but follow our directions to the letter, and renounce all caudles and sleepy siestas.

To make Lady C. Lamb's Twelfth Cake.

The following directions for making this truly noble English cake, we have been honoured with from a lady of distinguished rank and superior genius. It is to be premised, that the proportions of the spices are left out on purpose, that every one

may accommodate them to their own taste, as some do not like allspice, mace, nutmeg, &c., while others do.

Dry carefully half a peck of fine flour, free of alum or sharp whites;—pick, wash, and plump six pounds of the best currants; stone and shred half a pound of Malaga raisins; add one pound of double refined sugar reduced to powder; blanch and slice half a pound of sweet, and an ounce of bitter almonds; cut into stripes whatever orange peel, citron, and lemon, you judge proper; and add the spices which are most relished, namely, mace, nutmeg, clove, ginger, allspice, cinnamon, &c., according to taste. These must be all thoroughly mixed together to be ready for the second part of the process.

Take one quart, or less, of sweet cream, and put it in a very gentle heat, with a pound and a half of fresh butter—previously well washed, first in spring water and afterwards in rose water—to melt in it. Then beat up the white and yolks separately, of a dozen of eggs, and the yolks only of half a dozen more; put to them a little rose water, one glass of cardamom brandy, and one glass of good old Rhenish, Hock, Champaign, or Rosoglio, with one pint of good fresh yeast, and a very little fine salt. Mix the whole of these liquid materials together and strain them. The dry things already prepared are then to be added warm, and wrought into a light smooth batter. It is now to be put before the fire, with a cloth over it for about twenty minutes, to make it rise before putting it in the oven. Butter your hoop well, and use what flour is necessary to bring it together. It may be then put into the oven with half a dozen sheets of brown paper well floured to prevent it from burning. In two hours or so it will be done enough.

In order to ornament it, you must first free it from all grease on the outside, by dusting it with flour and brushing off whatever adheres to it. Then beat up the whites of three eggs into a snow, and add half a pound of double refined sugar finely sifted. This is to be spread over the cake very smoothly, and if you have any ornaments they must be put on before it is dry, as otherwise they will not adhere. All colours are poisonous.

This will be found as fine a twelfth cake as ever was prepared, being fit to grace the table of royalty, and worthy the highest praise of our committee of amateurs. We are assured that the receipt was never before published.

Scots Niceties for New-Year's Day. By Mr. Wallace.

New-Year's day is the only holyday in Scotland, which has kept its ground in spite of the stern scowl of John Knox, and the severe prohibitions, worse than monkish, of the Presbyterian

Reformers. The country gentlemen, and the richer citizens indeed, are beginning again to observe Christmas, for the purpose, it should seem, of distancing themselves as far as possible from the vulgar; as few of the peasantry in Scotland know at all when Christmas-day comes, no more than they know Lent, Lady-day, or Easter. But New-Year's day is kept sacred by the Scots peasantry—not to Catholic mummeries and the meaningless grimace of square brows and solemn looks—your Scots Pharisee keeps those only for Sunday appearances and church-going:—New Year's day, in Scotland, is sacred to fun and frolic, and all the blythe merriment which *first fitting*, *whisky*, and *het pints* can bestir in the heart, and mantle over the glad countenances of old and young in their only holyday in the year.

The *het pint* is made by warming two English quarts of the strongest old ale, either Edinburgh or Alloa, with nutmeg and ginger, and half an English pint of the best small still whisky to it; some add an egg, but this is not always done.

A most delicious morning whet it is; the best cordial in the world for driving the frost from the stomach, and for clearing up the drowsy eyes of a hardy lowland farmer when his neighbours, as soon as the spence clock strikes twelve, rush in with "jovial laugh and merry song," to wish him a happy new year and mony o'them, and all eager to be first to hand him a glass of their *het pint*, or of their well primed bottle and a bit of their currant bun, just for a lid to keep out the cauld air from the hall door of the stomach. In return for their morning kindness, the *first-fitters* are next entertained with a similar whet-cup from the stores of the house, with the variety perhaps of a server of nice short bread, well garnished with carraway comfits, being handed round as a double stomach-lid, or valve of safety, to secure the bun from displacement, should any unmannerly gas attempt to force its way out of the stomach, in making its escape from the whisky or the hot ale. What wonders are effected in Scotland by the very sound of the word New-Year's day! All is revelry and wassail rout among old and young, and no one refuses the morning glass, neither sinner nor saint, though it may be the only drop of comfort indulged in for the whole year. But we shall leave them to enjoy their substantial New-Year's day breakfast of fried white puddings, broiled beef or mutton ham, and buttered oat cake, and tell how

To make a Scots Currant Bun for New-Year's Day.

This, we may add, will also serve for Hansel Munonday, and bits for occasional visitors, and for the children; but it must

only be eaten in little bits by young people and invalids, if they would avoid the stomach-ache and disordered bowels.

Wash, pick, and plump, as before directed, three pounds of currants; stone and shred a pound of raisins of the sun; mix with these three ounces of sliced orange peel, four ounces of citron, and five ounces of blanched almonds cut rather large; season with a very little salt and spices, such as cinnamon, ginger, cardamoms, cloves, nutmeg, &c., according to taste, all being very thoroughly mixed.

Take half a Scots peck of flour, well dried, and make a hole in it, to receive a pound of fresh butter melted with half an English pint of cream, and as much new milk; work these well together and add half an English pint of fresh yeast, working up the paste till it be smooth and light. Roll out the paste and put the fruit on it with four or five spoonfuls of yeast, working the whole well together, and then bring it into the proper shape. Before putting it in the oven pass a skewer through it in several places, and make small holes all round. Wrap it in several folds of floured paper, and put it in an oven moderately heated. Two hours will bake it.

We must leave the receipt for making the gude-wife's Shortbread (a great rarity in England) till a future page.

Sovereign Digestive for Cakes and Pastry.
By Dr. Gastaldy, of Paris.

The digestives which have been given in our former pages for oysters—for mulligatawny—for turtle, &c., have become quite the rage in London; and since the publication of our first number, *our* oyster-digestive is now as regularly served with oysters, as jelly with venison, or lobster sauce with turbot. We take great credit to ourselves for thus increasing the comforts, improving the health, and consequently lengthening the days of our readers, and we shall spare no trouble nor expence in adding to the number of our digestives. We are happy to have it in our power to subjoin a superior digestive for every species of pastry—minced pies excepted—which require something more potent, though even for minced pies it will be useful. We are happy moreover to give it at this moment, when every body is in danger of heartburns, headaches, and flatulent belchings, from rich cakes and all sorts of *patisserie*.

Like most great discoveries and inventions our digestive is extremely simple, and in every body's reach. We advise therefore (not to keep our readers longer in suspense), that all delicate persons and invalids, who like, as is natural, to renew

the gastrological pleasures of their childhood, by enjoying a bit of twelfth cake, gingerbread, or Ramaquins de Bourgogne, never to take three or four mouthfuls of any of these without having recourse to our digestive. As usual, we speak not to the strong in stomach and the vigorous in constitution. They only require our aid when the evil day cometh, as come it surely will, if they neglect our cautions and refuse to be instructed in our science.

The digestive itself is nothing more or less than a cup of very hot tea, not too strong nor with too much cream; as, in the first case, it will by its astringency, crisp the stomach and narrow its pores; and in the second, it will add to the load already there by thickening the gastric juice and blunting its wholesome piquancy. If one cup be not found effectual you may try a second, though we cannot give our sanction to a third, except under peculiar circumstances of capacious stomach, &c. It will follow from this, that cakes and patisserie should always accompany, and be accompanied by tea. We prohibit wine and brandy with them most peremptorily, as such can only increase the debility of the loaded stomach in all cases of weakness and threatened indigestion. The strong may do as they please.

We also, from this time forth, recommend all tradesmen in the *patisserie* and confectionary line, to have tea always ready for those who call to eat a bit of cake or munch a patie with them. We observe that Mr. Phené, in the splendid shop in Fleet-street, has added coffee to the usual refreshments of savoury soups and jellies. This is an improvement which ought to be hailed by every true amateur of good living. We insist that he will also forthwith add tea, and we also insist that coffee and tea be henceforth regularly furnished at all patisserie hours, by Alderman Birch, Mr. Deputy Angel, Mr. Debatt, Mr. Vanhagen, Mr. Moessard, Mr. Farrance, &c. We shall be on the *qui vive*, and if our directions are not followed, we must try the effects of the scourge to enforce our authority.

Art of Gymnastic Training improved, and applied to Strengthen the Weak and Nervous. No. IV.

The articles of food and drink, though of primary necessity in training, are far from being sufficient to complete the Art. You may indeed most rigidly avoid slops and boiled mutton, beef and greens, beans and bacon, pea soup, strong brandy, and all such weakening stuffs (see pages, 46—93.), and you may regulate your meals and your quantity of ale to the very letter

of our directions, (page 192.) and still you may be as far from being under proper training as an alderman at a turtle feast, or an Irishman at his potatoes and buttermilk. The human system is so constituted, that it requires many concurring circumstances, all acting towards a general end, to accomplish the wished for object of giving to it the highest measure of strength; and hence the supreme folly of those who go to their apothecaries and their physicians, and say, "Do, doctor, give me something to strengthen me." There is, you may be assured, no such thing in existence, as a strengthening medicine, or it would have long ere this been discovered, if not by the doctors at least by the training genius of Jackson, Barclay, or John Smith. Indirectly indeed there may be such a thing: a lancet, for example, is a capital strengthener when it serves to remove an oppressive and weakening quantity of blood; or a blue pill, when it drives a mass of stagnant bile from the liver into the bowels, and so puts the machinery of digestion to rights. But your only genuine art of strengthening must not be limited to one or two things only, but must comprehend proper food and drink, good air, the due regulation of sleep, the due proportion of healthful exercise and intervals of rest, the proper quantity and kinds of clothing, and many other little things, all of which we shall most carefully investigate both on philosophical and practical principles, and shall carefully teach in detail for the benefit of all who are desirous of increasing their health and strength by Training.

Science of Strengthening Exercise.

The intention of exercise in training is to brace the sinews and muscles, and give them ease and agility, while at the same time the perspiration produced carries off the fat—well known to be the clog of activity and the sure test of weakness, usually arising from gross living and indolence.

Our philosophy teaches us (and our readers are aware that this is the first time the art of training has been investigated philosophically), that the more frequently and vigorously any member of the body is exercised, the more blood will flow to that member. In our practical article on improving the tone of the voice, (page 181.) we illustrated this by the increase of power produced in the voice from exercise; and the same principle holds universally in every part of the human system. Tie up an arm or a leg to prevent its motion, while the other is exercised, and it will shrink and dwindle away to a skeleton, while the one that is exercised will remain in flesh and be strong. We prove the seicnce of this by a more familiar example. Compare the delicate, soft, silky hand of a fashionable lady

with that of a charwoman. The one is pale, bloodless, and feeble; the other is purple-red, full of blood, and firmly strong in every sinew. But make the lady and the charwoman change situations for twelve months, and the case of the hands will be in a great degree reversed. The lady, compelled to exercise her hands at all hours, will drive the blood to them in copious streams, and it will give away part of its nourishment to the sinews and muscles every time it passes them in its journey to and from the heart, that is, about every five or ten minutes in the day. The sinews will of course become thick and strong, and the hands red and rough. The charwoman, on the other hand, now placed in her fine drawing-room with nothing to do, has the blood, which was formerly driven by labour to her hands, stagnating idly about her liver or her brain, and her hands will consequently become pale, delicate, and feeble for lack of their accustomed stream of blood*. The practical rule which this philosophy teaches us then, is, that whatever member you wish to make strong—exercise it vigorously and constantly, for a long period, which will to a certainty drive thither a superabundant flow of nourishing blood and render it vigorous.

The second intention of exercise is to promote ease and agility; and the science of this is founded on the law of our system, that the oftener we do any thing it becomes the easier, and the more glibly do the sinews and muscles slide upon one another. Look at a dancer, or a performer on the piano forte, and you will see with what ease and rapidity they perform the most complicated movements—and all from repeated exercise.

This is not, however, of so much moment as the reduction of fat by perspiration, which, in training, is effected by hard exercise. But exercise is no less effectual in preventing the *collection* of fat than in removing it when collected. The indolent and idle, who load their stomachs with fat pork, or thick muddy porter, or any other improper diet (see page 46.), and never move a muscle of their body when they can avoid it, must become fat in the following way: Fat is the superfluous nourishment which the blood, in its sluggish course, can find no place in want of, and it accordingly throws off the greasy load into every bye corner of the body, sometimes between the muscles, but oftener under the skin, or about the paunch. Fat then, or corpulence, is clearly a disease of repletion and indolence, for which exercise is the sovereign specific cure. (See a strong instance of this, page 55.)

* In an early paper we shall apply this doctrine to the treatment of female deformities of shape; for the better instruction of Dr. Harrison and other obstinate persons, who increase deformities by confinement.

Practice of Exercise in Training.

For the purpose, say Captain Barclay and Mr. Jackson, of gaining strength, of diminishing and thinning the blood, and of improving the wind, it will be necessary for the person under training to begin his exercise early in the morning; in summer not later than five, and in winter as soon as the day dawns. A run, or jog-trot, of three miles, twice a-day, is a common task for pedestrian training; for other purposes less than this will suffice. If this produce much perspiration, he must, to prevent rheumatism, be carefully rubbed dry, as soon as he comes home, lying down on a couch till an assistant does this, and gradually puts on his clothes, one limb after another, on the dried parts, and then does not go out again till completely cool.

It is one of the standing rules of training, that perspiration never weakens the body when produced by exercise; but it always does so when it is produced by sweating drugs, hot slops, or any other unnatural method. The reasons of this will appear manifest from what has just been said with respect to the stream of the blood; and from what we have so often observed in this publication respecting the want of nourishment in the strongest soups. (See pages 20, 93, and 131.)

An hour after breakfast, the exercises are selected from manly sports, such as quoits, cricket, foot-ball, fencing, and sparring. Fives, we should reckon a good exercise, particularly if played, as in Scotland, with the bare hand without battledores, in which case the ball must of course be softer and rather lighter. The more cheerful the exercise is, the better it will prove, as any thing which dulls or deadens the animal spirits is very injurious to training. A fit of low spirits will ruin in a single day the training of a whole week; and we should therefore prefer any light game, such as golf, which requires walking, and at the same time keeps the mind alive, to simply walking without any object but exercise. Short shooting excursions, we should also recommend, on the same principles wherever it shall be convenient. Fishing is too inactive and raw an exercise, but gardening, and particularly digging, we should highly recommend. So well aware were the more ancient trainers of keeping the mind amused while the body was exercised, that music and dancing were among their principal exercises. Dancing is still recommended by our modern trainers, but not insisted on.

It is another indispensable rule in training, that if the person trained becomes very much and rapidly thinner or feverish, his exercise must be diminished. This, however, we should

say ought to be kept from the knowledge of the persons themselves, for as training will in all cases make a man thinner, the propensity to indolence would soon discover that so much exercise might be dispensed with, and give rise to comparative idleness, to the entire loss of time and strength.

No reading, writing, cards, nor other sedentary employment, or amusement, is permitted; as this tends to drive the blood to the head, and produce stupor, weight, or giddiness, and impairs digestion and strength.

Sleep in Training.

We shall take an early opportunity of laying down the philosophy of sleep, but in the mean time we must, as a sequel to our directions for exercise, give the Training rules for sleep. It is impossible to determine to a minute, the proper quantity of sleep necessary for every individual, as some can do with nearly half of what is indispensable to others. It is a good rule to proportion it to the exercise of the mind and body, remembering that the exercise of the mind always requires one-third or fourth more than the exercise of the body. If the person under training, therefore, be of a thinking, contemplative turn of mind, he will require eight hours sleep, while a person of a light, stupid, or thoughtless turn, will be as much refreshed by six, though the bodily exercise of both is the same. A great deal also depends on the habit of the person; though we should say nine hours is too much, and four hours too little, for any one in training. It is indispensable to go to bed not later than ten, and rise not later than six, taking a short walk, or some slight exercise, previously to lying down. The bed should not be soft (a hair mattress is best), nor loaded with bedclothes, as the more coolly you lie, the less strength you will lose.

Our next Paper on Training will comprise "Air and Clothing."

New Discovery for the Cure of Nervous Pains, Tic Douloureux, &c.

We have more than once had occasion to mention the powerful drug, called Belladonna (see page 177.); but we were scarcely prepared for so important a discovery of its properties as that of removing, as if by a charm, the excruciating pains of Tic Douloureux, one of the most dreadful tortures that human "flesh is heir to," as well as other kinds of nervous pains often mistaken for rheumatism. When, therefore, there is violent and torturing pain in the face, the arms, the feet, or indeed any

other part, we advise that the sufferer have forthwith applied the

Belladonna Soothing Liniment.

Take two drachms of the extract of Belladonna *,
one ounce of water.

Mix, and anoint with it the part in pain, repeating it as occasion requires, morning and evening, or three times a day, or only once a day, according to the severity of the case.

This will not, however, in many cases, perform a complete cure; but it is a great comfort to have always at hand something which will relieve the agony of pain, as this will effectually do. The cure may be furthered by blistering the part and taking

Belladonna Sedative Pills.

Take one grain of Belladonna extract,
ten grains of extract of bark.

Make into four pills, one to be taken every six hours, keeping the bowels open, as at pages 84 and 86. If the head becomes affected with giddiness, &c,, leave off the pills for a time, and begin again cautiously.

Prevention of Colds in Visiting and Travelling.

Even the most robust and vigorous, often from want of care, and oftener still from want of knowledge, lay the foundation of fatal disorders in making a casual visit, or in journeys and excursions. We shall, therefore, for the behoof of such of our readers as may be thus exposed, teach the cautions requisite for preserving health, and preventing the visits of the Draught-apothecary, and his steady attendant—Death. In the first place then we refer to our late remarks, page 87, where the principles are laid down for avoiding and removing the slighter disorders from cold.

The most powerful of all preventives of colds and coughs is the regular use of the cold bath, or cold sponging, continued in the winter as well as summer. We mentioned above, (p. 185.) that Sir Astley Cooper boasts of having escaped colds by this means for the last thirty years. It is scarcely safe, however, unless the person be uncommonly healthy, to begin this practice in all its extent in cold weather; but it may be commenced partially, even by the delicate, at any season. Take our advice then: if you are much exposed to visiting or travelling, and are liable to colds:—wash, lave, or sponge your face, temples, neck and bosom, with the coldest water, both when you rise and

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We mentioned at page 199, three places in London, where drugs and prescriptions are to be had genuine. We shall give our reasons in a future page for *not* preferring Apothecaries' Hall. We dislike all monopolies.

when you go to bed. This may also be extended with advantage to the feet and legs, as well as the arms and shoulders. The only precaution requisite is to do it quickly; and instantly rub the parts with a dry cloth till they become warm and glowing. It may be disagreeable for the first week you try it, as most novel things are, but if you persevere you will soon find it pleasant, and will feel very uncomfortable when you omit it. We know an old healthy clergyman of ninety, who continues the practice up to this hour, winter and summer.

This will fortify the constitution against fatal attacks of catarrh and consumptive coughs; but if you do not observe our former rules, you may suffer, though you have the hardiest temperament. One of the most injurious circumstances to which visitors and travellers are exposed, is damp beds, and we shall therefore give you

A Test to try Damp Beds.

At inns, and also at the houses of your friends where you may visit, the bed which falls to your lot may not have been in recent use, or from other causes may be damp and dangerous to sleep in. At inns, we are informed that this is frequently occasioned by putting sheets which have been used by former guests to the mangle, where they must be thoroughly damped to make them look fresh from the fold. We accordingly advise you, for the safety of your health, never to go into a strange bed till you have used our test, which is always at hand. Take your dressing mirror then, or your portable shaving glass, and put it for a few minutes between the sheets. If the bed be damp, the glass will soon be covered with moisture; if well aired, the glass will be dry. It is necessary to mention that the glass must be *cold*, or the test will fail. On this subject we must not omit the

Bad Effects of Warming Pans.

We join not in the vulgar opinion of injuries occasioned by sulphureous fumes from the charcoal, which, because it is offensive to the smell, have been much over-rated. The carbonic gas from the coals may prove suffocative if the bed-chamber is very small and close, though this from a warming-pan can seldom be injurious in quantity. The injury we attribute to it is the concealing of the dampness and rawness of the sheets; for the bad effects of damp will not be removed, but aggravated by heat, though the warmth will screen it from observation. The above test, however, will at once unmask the evil.

It is also of the utmost importance to observe, in going into a strange bed, that no current or draught of air play upon any

part of it, as this will be no less injurious than damp. Both together will insure you a bad cold, or an attack of rheumatism or gout.

If you travel in a carriage, you must take particular care that no current of wind blow upon you from the window, or you will to a certainty have a bad cold or a bad tooth-ache produced. Be sure, above all, to keep your feet warm and dry, and your ears protected, and you may brave the coldest blast of winter and go harmless.

Desk Diseases, as Contracted in Counting Houses, Libraries, and Public Offices. No. III.

Though we have, in our former papers of this series, very much condensed our practical directions, so as to make them as comprehensive as possible, and though from adopting this method we have been able to bring as much useful matter within a few pages as is often to be found in a bulky volume, yet we pretend not to say that we have exhausted any of the subjects, nor ever can, insomuch as our experience, and consequently our knowledge, is increased every day both by observation, by study, and by perusing the experience of others in books. We make these remarks as a preface to the present article on gravel, which was barely prescribed for in our first paper, without going minutely into the causes and marks of the complaint, as we shall now, in compliance with the wishes of a number of our subscribers, undertake to do.

The Causes and Cure of Gravel and Sand in the Urine, with the Prescriptions of Sir G. Blane *and* Professor Brande.

We have already remarked, in our first paper, that the sitting posture at the desk has an injurious influence, by unnatural pressure, on the kidneys and bladder; at the same time we have pointed out the injury of not attending to the calls of nature. But what is of no less consequence in the production of gravel and stone, is the weakened digestion occasioned by confinement, and want of exercise in the open air. In nine cases out of ten of gravel or sand in the urine, occurring to those who are much employed at the desk, the enfeebled powers of the stomach will be found a prominent mark, and a certain cause.

But what is gravel or sand, you will ask? We answer, that if it is *white*, it is chiefly composed of lime; if *red*, it is an acid usually in a crystalized state, whether it incrust the sides of the *pot de chambre* with a red sediment, or be passed in grains with

sharp angles. It is of the utmost importance to distinguish those two sorts—the *white* and the *red*, as they require quite opposite treatment. The white is neither so common nor so obstinate as the red. The red, being itself an acid, obviously arises from too much acid in the body, caused by drinking acid liquors, (and all wines, spirits, and malt liquors contain acid,) and by making a long interval of six, seven, or eight hours between breakfast and dinner, and then overloading the stomach beyond what it can digest, or by eating crude vegetables, such as greens, carrots, &c., which quickly ferment in the stomach. These, added to want of exercise, and pressing the kidneys and bladder, by stooping at the desk, will, almost to a certainty, produce, first heartburn and indigestion, and then sand, gravel, or stone.

Experiments.

To prove the superabundance of acid in your system, when you are troubled with gravel, buy at your chemists a bit of litmus test paper, which is of a blue colour, but will turn red the instant you touch it with an acid. Fit it at night within your shirt collar, so as to touch the skin; drink something warm on going to bed, and in the morning, if there is too much acid in your system, you will find the paper changed from blue to red; and if you have not gravel, you may well fear it. Again, to prove to you the effect of the following remedies, take some potash, or the prescription, page 137, and drop into the urine containing the red gravel, or sediment, and you will see it dissolve and disappear under your eye. We give these simple experiments, to show you that the causes and cure are well understood, though other circumstances, such as long habit, and the continuance of the causes, may baffle every attempt to remove the disorder.

The gravel, or sand, seems to be usually formed in the kidneys, passing thence with the urine along the pipes called *ureters*, into the bladder. Now, when this gravel is, as usual, full of sharp angles, it must fret and cut the tender inner surface of these pipes, occasion great pain in the loins, where the pipes lie, and must often draw blood, and consequently produce bloody urine. This is not all. The irritation thus produced commonly extends to the stomach, causing nausea, sickness, and vomiting; and to the head, inducing headache and giddiness. The kidneys, in this way, retaliate on the stomach the evils which it has in the first place brought upon them, by sending them its acid and ill-digested crudities; and the two organs thus wage alternate war with one another, till the poor sufferer has his life dreadfully embittered. This is the common progress of repeated fits of the gravel, as they are called.

For the white gravel, calcareous sand, or lime, we must prescribe acids, as this seems to arise from a deficiency, rather than a superabundance of acid in the system. For this purpose, you may try

Professor Brande's *Remedy for White Gravel.*

Take one tea spoonful of lemon juice,
an ale glassful of decoction of uva ursi, (see page 136.)
sugar and peppermint water to taste.
Mix for a dose, to be frequently repeated.

To satisfy yourself of the efficacy of this remedy, pour some of it on the white gravel, and you will see it dissolve quickly. If you have not lemon juice, you may substitute the same quantity of cream of tartar, or twenty drops of elixir of vitriol. The cream of tartar will prove a laxative, which effect is also useful for the cure, as this can seldom be completed without the use of laxative medicines, along with Mr. Brande's prescription.

Mr. Brande has, on the other hand, recommended for the *red* gravel, a rigid abstinence from acid food and drink, such as sour fruits, cyder, champaign, &c., and as a medicine, the magnesia, in the dose of a tea spoonful night and morning. We are of opinion, however, that a more powerful medicine than the magnesia will be found in our former prescription, (page 137.) or in

Sir Gilbert Blane's *Mixture for Red Gravel.*

Take two ounces of pennyroyal, or cinnamon water,
two ounces of gum arabic mucilage,
an ounce and a half of clarified honey,
three drachms of liquor of potass,
forty drops of wine of opium.

Mix, and take two table spoonfuls thrice a-day in a cup of barley-water. You may add to each dose, with great advantage, two tea spoonfuls of the compound spirit of juniper, or twenty grains of nitre. If we are rightly informed, Sir Gilbert has prescribed this with great effect for a high personage.

If this is found to irritate the stomach too much, you may try the magnesia, or a steady course of good soda water, at the rate of at least two bottles a-day. If this be too expensive, you will find to be equally efficacious,

Sir Wm. Knighton's *Pills for Red Gravel.*

Take six grains of dried subcarbonate of soda,
four grains of hard soap,
and a sufficient quantity of calumba root in powder.

To make two pills, one to be taken night and morning, for some weeks. These may be usefully varied, by using carbonized potass for the soda, and extract of uva ursi for the calumba.

When a fit of the gravel makes its attack with violent pain, the warm bath must be immediately procured, and if that does not relieve, some blood may be taken from the arm, and forty drops of tincture of opium given with plenty of gruel, barley water, &c. The fomentations also, at page 136, applied to the loins by a thick flannel roller, and that confined by a linen or calico one above it, will in most cases give instant ease.

One great cause of gravel, particularly the white sort, is drinking or using in tea, soups, &c., the *hard* water of pumps. Where soft cannot be had, those who are afflicted with gravel should always use distilled water. Luxurious living also, that is, unscientific eating, is a main cause of gravel and stone. M. Magendie gives the case of a merchant of the Hanse towns, who was cured of an obstinate gravel by falling into poverty, and on regaining his credit and his table, the gravel returned. A second reverse again cured him, and a subsequent good fortune caused its return with all its former violence. It is curious, and shows the value of exercise, that sailors are as free from gravel, as butchers are from consumption.

Our next paper on "Desk Diseases" will be directed to disorders of the Brain and Head.

Receipt for Glasgow Punch, a potent Preventive of Gout, Gravel, and Stone. By W. Graham, Esq. Punch-maker General to the City, &c. &c.

"Grahamius punchabilis coëgit Glascuanos,
Qui spooniis et glassiis fugârunt Anglicanos;
Squaterant Paislicolæ atque Puritani,
Cacavêre Chalmerî et Cameroniani."

Polemo-Killicrankium, *curâ* Dymock.

My Dear Sir,

Glasgow, Dec. 12th, 1823.

I comply with your request most cheerfully. It will be a charity indeed to our amateur friends of good living in the South, to furnish them with a scientific document for preparing our unrivalled punch in a genuine manner. Nay, even in Edinburgh, though so near us, they are little less ignorant of its super-excellence, and prefer to it their muddy, home-drugged, bees-wing port, or their hot, brandified Madeira and Teneriffe. I shall send, however, a copy of this to Professor Leslie, Mr. Constable, and other Edinburgh amateurs, whose rotundity of bowel stamps them exquisite judges of good living, and I have not a doubt but it will take. Without farther prefacing then, I shall give you the genuine beverage in its best form :—

Procure a china bowl, of three quarts or one gallon in capa-

city; a punch ladle of box, plumbtree*, or silver; a strainer of any of these three materials, with a hook to fit the brim of the bowl; a bottle or two of the best Jamaica rum, (Mr. E. Gibbs' is celebrated) not less than three years old; a bason of double refined sugar (from M'Inroy's); a dozen of lemons of ordinary size, and as many fresh limes; a gallon of the coldest *soft* spring (not pump) water you can procure, fresh from the fountain; and large punch glasses from Vereville to suit your company. These will do for a good *set-to* in a small party; but if you procure them not of the best quality, particularly the rum and the water, you had better keep to Mr. Gibbs' London particular Madeira, or to old Port or Claret, from the cellars of Mr. Furlong—I beg pardon—his Grace, I meant. I shall suppose, however, that your materials are good, and shall now proceed to the process of brewing the punch.

Pour into the bowl about a quart of your cold water, with from three to four ounces of the sugar, which must be bruised with your gilmour till it disappear: then squeeze into your strainer two of the lemons, and fill up the bowl with more cold water, to within an inch and a half, or so, of the brim. The rum is now to be added in the proportion of about a sixth or a seventh, according to its strength, and the whole stirred round with the gilmour, slowly, carefully, and cautiously, not to produce a wave nor a ripple on the surface, as this would decompose the affinities of the delicious brotherhood. A *top-dressing* is now to be given to the bowl—*coronat pomum aurantium*—as Dr. Crystal is wont to say, meaning that the golden apple is as good as a professorship. The top-dressing consists in squeezing, round and around the surface of the punch, two large limes, and continuing the *dull-stirring* with the gilmour, which is kept up assiduously, so long as a drop of punch remains to be divided.

When you want to have your punch super-exquisite, place the bowl within one of a larger size, and fill up the space between with pounded ice and salt, which will bring the liquor near the freezing point:—it cannot be too cold. The great object to be attained is to allow the flavour of none of the ingredients to predominate, but to have them all so harmonious in their union, as to render none of them detectable by the nicest palate. The proportion of rum may seem small, but you

* Old William Gilmour, of Ochiltree, is, or was, the best maker, and you can have his punch ladles genuine at Baxter's Italian Warehouse, or of his agents in London. But I cannot promise you that Gilmour's merry jokes are procurable, though they would be the very life of your work—rare Scots humour and sterling wit. I shall try to get a specimen for you.

know it is made for the scientific *bon vivant*, and not for the toper or the drunkard.

"Fancy it nectar! only fancy it nectar!" The Olympics, I am certain, never tasted ambrosia of a more delicious and balmy freshness. Talk of your cures! This punch is above all remedies; for it will at one dose cure the heartache, and the "thousand ills that flesh is heir to." And well I may say so, and well I may praise our glorious punch; for here am I, strong, hale, hearty, and fresh as a mountain daisy; and for the last fifteen years I have made, and helped to drink, not fewer than TEN THOUSAND bowls, the same or similar to that I have now given you directions for.

Your Dr. Scudamore, I am told, in his Treatise on Gout and Gravel, allows that these are diseases little known in Glasgow; and yet he has the impudent assurance to say, that our punch *must* weaken the stomach; in other words, he knows nothing about it. I think he well deserves to be put among your "Medical Ninnies," for his libellous insinuation; or perhaps I may get my friend Tickler to put him into Blackwood:—Punch *versus* Scudamore would be a fine spree at Ambrose's.

I am, most nectariphilously, your's,

W. GRAHAM.

P. S. To make this document more authentic, (I am sure it is original, and never before published,) I shall have it countersigned by a "leash' of amateurs of the *Punch Club*, to whom "I am sworn brother," viz. S. Hunter, herald-at-arms to the Club; Rev. J. Maclean, chaplain and joke-master; W. Harley, purveyor of spring-water (Sundays excepted); E. Gibbs, purveyor of rum; Colin Campbell, ESQR. and J. Kingan, purveyors of lemons and limes; Col. Geddes, purveyor of glasses; Dr. Thomson, water analyzer; D. Prentice, chronicler and tale-teller; J. S. Knowles, poet and posture-maker; Nicol Jarvie, M.D., physician, &c. &c.; but, as the post hour is at hand, I shall despatch this in the mean time, lest you may want it for the press; and, as our Club meets to-night, I shall send you the signed document by an early post. W. G.

To W. M. Wallace, Esq.
44, *Paternoster-row, London.*

POISONING BY OXALIC ACID.

Before giving the tests by which Oxalic Acid may be known and avoided, and the treatment, when it has unfortunately been swallowed, we shall relate a somewhat recent and lamentable case, to show that the mistaking of this poison for Epsom salts

is not always confined to the unmedical. An apothecary of extensive practice (we must not say where), and well skilled in his profession, had a beautiful daughter, about 18 years of age, betrothed, and soon to be married, to a young physician, whose prospects were considerable. The lady, like many beauties, was in very delicate health, and frequently required medicine. One morning, being unable to rise at her usual hour, she desired that her father would prepare her a dose of his favourite mixture—Epsom salts with senna. The mixture was accordingly prepared with aromatics, &c., to disguise its disagreeable taste. The unsuspecting patient took it, with a smile of thanks, from the hand of her father; but no sooner had she swallowed it, than she said, "O! father, what sour stuff is it you have put into that draught? It is not like those you were wont to make me." The father, in alarm (for the dreadful truth flashed upon him at once), rushed away to the surgery—found he had unthinkingly used oxalic acid—snatched up, in desperation, the magnesia—the ipecacuan—the sulphate of copper—every antidote he could lay his hands on—and in a moment was back to the poor sufferer. But he was too late! every thing that alkalies and emetics could do proved unavailing—her stomach burned as if on fire, and she expired, in great torture, in less than half an hour. Her betrothed bridegroom was instantly sent for by express; but he only arrived in time to hear her last sigh. And

> ———Who can paint the lover, as he stood—
> Pierc'd by severe amazement—hating life—
> Speechless—and fix'd in all the death of woe!

The cause of the fatal event was kept a profound secret in the vicinity, as it would have entailed absolute ruin on the professional pursuits of the father and his son, who was his partner in business. For the same reason we must conceal the names of the parties; but we have it from the most authentic source —that of the poor lover, whose spirits have never recovered the shock; and we would not have published it, had we not thought it important, as adding another strong caution to the many already before the public. We know several other cases in which medical men have given oxalic acid to their shop-boys, &c. instead of Epsom salts, though, by timely antidotes, they succeeded in preventing fatal consequences.

Tests for distinguishing Oxalic Acid from Epsom Salts.

Among the tests which have been proposed, is common blue paper, which the acid will change to red, and the salts will not change at all. If the paper is much sized, however, this test

will not succeed well, and should not be trusted. Litmus paper will always remain unchanged by the salts, and become red by the acid, unless, as sometimes happens, there is an excess of acid in the salts, and then it will also change them. These objections do not apply to ink. Take a little ink in a pen, and drop into it a crystal of the salts or of the acid to be tried. If you put in the acid, it will change the ink to a pale reddish brown; if you put in the salts, it will make no change. Or the same may be done by moistening any piece of writing, as the address of a letter, and applying the crystals as before. Those who object not to try by the tongue, will at once feel the sour taste of the acid, and the vapid, nauseous taste of the salts.

Oxalic Acid used for Punch and Lemonade.

Both in Britain and on the Continent, oxalic acid is much used as a souring for punch, and for lemonade. Of course it is a cheap substitute for, and goes under the name of, essence of lemons, citric or tartaric acid. We assure our readers, on the faith of both experiment and experience, that however dangerous this adulteration may appear, it is but little, if at all injurious. In order to prove a poison, oxalic acid must be taken in considerable quantity—at least an ounce, or half an ounce:—Epsom salts themselves would be equally poisonous if taken in a very large dose. A large dose of sugar will also prove poisonous (see page 74.), probably from its oxalic acid, as all oxalic acid is made from sugar—a circumstance not popularly known. The chief use of oxalic acid is in cleaning boot tops: the ink test is well known to boot makers.

To treat a Person poisoned by Oxalic Acid.

When it has been ascertained that a large dose of oxalic acid has been taken by mistake, the first thing to be done is to neutralize the acid by some alkaline substance, such as the

Antidote Mixture.

Take half an ounce of magnesia,
one pint of water or milk.

Mix, and give a wine glassful every two minutes. If you have not magnesia, chalk may be substituted, or shavings of hard soap.

When you have thus neutralized the acid, the next thing to be done is to remove it from the stomach by vomiting, which is soonest excited by tickling the throat with a feather. If you have at hand the new stomach-pump, the poison may be drawn off at once without giving any emetic, though it will be advisable to give a wine glassful or two of the above antidote to make sure work. We have given the best mode of treatment, lest the stomach-pump may not always be at hand.

Diseases of Musicians, and the Effects of Practising on the Piano-Forte, Harp, Violin, Flute, &c.

We shall preface this important subject by the following extract from M. Stendhal's Life of Rossini, just published at Paris. "Dr. Cottugno, the principal physician at Naples, told me, at the time of the extraordinary success of Rossini's opera 'Moise,' that he had more than forty cases of brain fever, or violent convulsions, with which young females, doatingly fond of music, were seized, chiefly from the superb change of tone in the prayer of the Hebrews, in the third act." We do not indeed anticipate such catastrophes among our own colder temperaments, even from the enchantment of Rossini, who has just imported his musical talents, and his intriguing *crim. con.* character, to delight our fashionables at the Haymarket Opera House. The fashionable enthusiasm for the Opera seems to be pure hypocrisy and cant, and was well described by poor Bloomfield:—

> The Music was truly enchanting,
> Right glad was I when I came near it;
> But in fashion I found I was wanting,
> 'Twas the fashion to talk, and not hear it.

We cannot anticipate much evil to the hearers from music, so long as difficult execution is preferred to effect and pathos; and so long as the public taste is so ladyfied as to applaud Sinclair for singing the sublime war song of Bannock-burn—"Scots wha ha'e wi' Wallace bled"—in the same tone of prettyism and drawing-room gesture, as he would give "Love among the Roses." But it is with the performing we have chiefly to do: we shall prescribe for the listeners anon.

It is established, then, on the best evidence, that practising or performing *much* on musical instruments, is extremely weakening and injurious to the nerves; and though not always, it very often lays the foundation for trembling hands, shaking palsy, incurable nervous headaches, pains, tic douloureux, and even disordered mind and insanity. Let those who think this exaggerated try the following

Musical Experiment.

Practice for an hour, if you have not lately been practising much, or for two hours if you have, on either the flute, the harp, or the violin; and afterwards try without the instrument to sing in a clear steady tone of voice, and we venture to say, that unless your nerves are very firmly strung, you will find your voice tremulous, out of tune, and unmanageable; or stretch out your arm and hand, and you will find it shake. Recollect we do not say this will happen with the vigorous and robust; but even in them the effect will often be perceptible, and in the weak and

nervous it will often be strikingly so. This demonstrates, most clearly, that the effect of practising music for hours daily is, to say the least of it, far from being safe even to the strong, while it *must* be deleterious to the weak and sickly, independent of the bad postures usually adopted, and the encroachment made on the valuable time for exercise in the open air.

On commencing the harp or violin we have often seen severe nervous fevers, brought on from the effect of the music on the nerves, and from the irritation of the tender nerves at the extremities of the fingers. The best way to prevent this irritation is to strengthen the skin over those nerves by the

Mixture for Harp and Violin Performers.

Dissolve four drachms of sulphate of alumen,
in four ounces of tincture of galls.

Moisten with this a quantity of oak saw-dust, or powdered galls, stuff the fingers of a large glove with it, and keep it on all night for a week. This will tan the skin, and so far prevent mischief.

We are very sorry that we know of nothing to prevent the injurious effect of the flute, and other wind instruments on the lungs, the head, and the eyes, producing declines and obstinate headaches and inflammations. We can only advise giving up the instrument in time, before the disease be rendered incurable.

We leave the bad Effects of Music on the Mind and Brain for a future page; as also the Diseases of Singers.

Good and bad Effects of Skating.

There is no exercise in this month of frost more bracing and delightful than skating. The very sound of the word makes us feel light and elastic, and raises us from the earth, as if we were on wing through the clear cold air, and treading the mazy throng on the Serpentine, in "cycle and epicycle, multiplex and mix'd;" or, in still higher delight, skimming the broad and lonely bosom of a Highland lake, and breathing the bright air of its mountain shores.

"Our spirits briskly flow,
And we're all in a glow,
While a skating we go
O'er the face of the snow;
With a fa la, fa la,
To the sound of the merry, merry horn."

Keep within the proper bounds of science, however; for skating is precisely like eating, and may be, and is, often abused by the ignorant and incautious. It is equally possible, then, that you may be surfeited with skating as with holyday pud-

ding; but all this betrays a great lack of knowledge, and of proper education. Skate moderately as well as eat moderately, if you would avoid disease, and court the acquaintance of young Hebe, whose fairy smile can give bloom to the cheek, balm to the breath, and make your step both firm and airy. We advise our readers, who have had the courage and the wisdom to go into Training for their health, to substitute, as often as they can, skating for walking and other lighter exercises. They will do this with great advantage, as it not only puts many important muscles in motion, and of course, as we have shewn in page 214, it sends a flow of blood and of vigour thither; but it exposes all parts of the body more to the pure air, by the rapid and lengthened sweeps of the exercise than can be accomplished by any other, except perhaps horse-racing. We cannot at present stop to give the philosophy of this free exposure to fresh air, we shall come to that anon, but the fact you may rely upon.

Among the bad effects of skating, we do not reckon falls, broken arms, and fractured sculls. These are but the casual accidents, to which every thing human is more or less exposed; we refer chiefly to carrying the exercise to over-fatigue, and the trying to display difficult evolutions and movements, that very frequently produce dangerous ruptures, bursting of blood-vessels, and all the dreadful consequences of labour carried beyond due bounds. These are accidents that cannot be so easily remedied as a broken nose, which Mr. Travers or Mr. Carpue can replace, or a fractured leg or arm which Mr. Amesbury can cure without confinement or loss of business (see page 199.), and consequently ought to be more carefully guarded against; for when once a rupture is produced, there is no cure but a truss from Cole's or Oddy's, and when a blood-vessel gives way it may be instantly fatal. Young friends be wise, and take timely warning!

Medical Qualities of Oranges, Lemons, and Limes.

What a pity it is, that the cooling fruits of the "sunny south," should come into season with us in the season of frosty weather! Delicious they are, however, and as it would be still a greater pity to lose the enjoyment of their refreshing coolness, an artificial warmth of atmosphere has been purposely invented to heighten the zest of our frigid feelings, while we taste these golden apples of the Atlantic isles.

The fruits in question, scientifically considered, all abound in water, acid, mucilage, and woody fibre, with a very variable proportion of sugar. (See page 73.) The rind, besides woody

fibre, contains a strong indigestible oil, the basis apparently of their fine aroma. We have heard a good chemist conjecture, that the inner or white rind, contains prussic acid: we are certain of its being injurious to weak stomachs, and it should be carefully removed when oranges are given to children.

An objection has been started against the use of oranges, &c., from their containing, when imported into this country, what is called an *unnatural* acid; that is, an acid not originally in the fruit, but produced by keeping from their natural crude acid. So says Dr. Unzer, a true German theorist, who pretends also to have discovered that the juice in the centre of the fruit becomes semi-poisonous, from its lying near the bitter seeds. The story of the unnatural acid is only an excrescence from the theory of natural food, (see page 64.) and requires but to be mentioned to expose its absurdity. Dr. Willich pretends to say, that the aroma of lemon peel, when used in flavouring patisseric and punch, is heating and productive of inflammation. How stupid some people are! Fact goes for nothing, so that they can muster round assertions. We leave the question to our correspondent, Mr. W. Graham, of Glasgow, who has used, in his own person, more of this pretended inflammatory substance, and has a better right therefore to be heard, than any man living. When we have, like him, drunk our ten thousand bowls of punch, we shall speak with more authority.

The acids of oranges, lemons, and limes, when properly corrected with sugar, are light, cooling, and wholesome. Like other acid and saccharine vegetables, they are likewise of a laxative nature. The weak stomach, however, may very readily be injured by too copious a use of them. When eaten in quantity after dinner, they often stop digestion.

In fevers, these fruits are very grateful and advantageous to the patient. In the true scurvy they are invaluable as a remedy; and in some hopeless cases of consumption, oranges have been well known to produce a cure, when eaten to the number of, at least, half a dozen a day, in which circumstances they act as a mild tonic, when the stomach cannot bear elixir of vitriol.

Frauds in Soap.

We have often put our economical readers on their guard against pretended cheap articles; and they will find the caution as useful in the case of soap, as any other. The test of good soap is that it be hard, very firm, and without any rancid or tallowy smell. If any of this smell can be observed, there has been an under portion of the soda or potash used in the manufacture,

and very probably a quantity of fuller's earth added to conceal the imperfection. Rancid tallow, besides, often used for cheapness in soap and candle-making, has had a portion of its substance quite destroyed by putrefaction, and the material it is used for is of course deteriorated. This fraud is, we are informed, more usually practised in making white and mottled soap, than in the other sorts.

Another test of considerable importance in buying soap, is to observe the quantity of water it contains. You require not to buy water at the rate of eight-pence a-pint from your chandler, though you do so to a great amount annually, if you buy his soap, however cheap, in a soft state, as it is water that renders it soft. This fraud is, by means of fuller's earth, &c., often carried to the extent of one-half the weight. You would, consequently, be as cheap in the end by buying good hard soap at double the price of soft, tallowy, rancid stuff.

Shop Diseases of Tradesmen. No. II.

We shall still keep to the general topic of this series of articles, reserving the diseases of particular lines of trade for a future occasion. The necessity of avoiding cold, and the consequences of cold, namely, toothache, rheumatism, consumptions, &c., has been very fully dwelt on, and we hope strongly put, and practically useful. We cannot at present think of a more important class of the diseases more peculiarly incident to tradesmen, than those arising from want of sufficient motion of the limbs, causing, among other complaints,

Obstinate Sores and Ulcers.

By standing long behind a counter, or even sitting much at the shop-desk, the legs of course depending, and nearly motionless, the circulation of the blood in those parts is retarded, and its return by the veins impeded, producing an unhealthy stagnation, and consequently weakening the strength and tone of the legs and feet. In this state of things, if a bit of skin chance to be ruffled or broken, a sore will be formed, which will be of very difficult cure; and, if it can be cured, the sufferer has no guarantee that it may not soon break out again of its own accord, without receiving any manifest injury. In our article on gravel, we have seen how the stomach and kidneys wage war upon one another: it is the same in the case of the ulcers; for no sooner does the sore become fretted and irritative, than it attacks and preys upon the nerves and the stomach; attacks, in short, the general health of the body; and, by weakening the limb, as well as the other members, renders the cure daily more difficult.

In such cases, it is a general rule to attend more to the improvement of the health, than to doctoring the sore with salves and ointments. We insist the more upon this point, that it is contrary to common opinion. When a gardener happens to wound the bark of a sickly tree, the wound, instead of healing, festers and spreads, till it threaten the whole tree with rotting and decay; but if the tree is healthy, the bark gathers round the wound in a strong hoop-like scar. The same will happen in the sores of the legs under consideration; render the general health good, and the sore will heal of course, whatever be applied to it, or even if it be altogether neglected. But if the health be bad, and the stomach weak, or the liver disordered, all the salves and balsams on earth will not produce a cure.

We do not, however, mean to say that the sore itself should be neglected, though the general health is the first thing to be attended to. When a sore looks foul and dark, with streaks of greenish matter all over it, you should clean it out well by a carrot poultice, repeated till it looks red and tender; then you may try the

Ointment for old Sores.

Take six ounces of yellow wax,
half an ounce of yellow resin,
one ounce of the red sulphuret of quicksilver.

Melt the ingredients, and preserve it for use.

When the edges of the sore are hard, and much discoloured, you will find much advantage in the

Mercurial Cerate for Ulcers.

Take six ounces of lard,
six ounces of yellow wax,
three ounces of quicksilver,
one drachm of sulphurated oil.

Melt the lard and the wax together, and add by degrees the oil with which the quicksilver has been previously well mixed by rubbing. The ulcer is to be dressed with this night and morning.

If there is fungous or proud flesh, or the sore is covered by a coating of white cheesy matter, it must be subdued by the

Nitrate of Silver Lotion.

Take twenty grains of the nitrate of silver,
half an ounce of distilled water.

Mix, and apply it all round the edges of the sore, with a little surgeon's lint on the end of a bodkin. This is a very efficacious remedy in obstinate ulcers, when joined, as all local applications ought to be, with strict attention to diet, regular exercise in the open air, and keeping the bowels open, as at pages 84 and 86.

We shall next take up the subject of "Costiveness," as affecting Tradesmen much employed in the Shop.

Cases of Poisoning from Eating Pork, Beef's Heart, and Mutton Chops. By C. T. Haden, Esq. Surgeon, Chelsea; and T. Alcock, Esq. M.R.C.

The following cases, for which the public are indebted to Mr. Haden and Mr. Alcock, will prove the strong necessity of studying our valuable science of comfort and good living, better than any eulogium we can pronounce on it. The usual symptoms of poisoning by opium, for example, are violent headache, oppressed brain, stupor, and loss of sense, or delirium, hot skin, rapid pulse, dilated pupil, and convulsions. Now, most of these symptoms will ensue, if food of difficult digestion be taken unwarily by the young, the weak, and the delicate, and sometimes even by the strong. We have given some rules for this, page 48, and shall give more anon.

1st *Case.*—A little girl, of a sickly constitution, from habitual cramming with improper food, ate largely of *pickled pork and greens*, for dinner. In a few hours, she was brought to Mr. Haden in a state of insensibility and convulsion, with dilated pupils, and dangerous retching. The promptest measures were adopted. She was bled, and an emetic, such as that at page 171, exhibited, and after violent and threatening purging, vomiting and convulsions, Mr. Haden succeeded in getting her round. The stupid parents, however, continued their cramming system with her, and in two years afterwards she had another attack from eating the same unwholesome dish of pickled pork and greens, and was again saved by Mr. Haden, but of course having her constitution shattered and weakened perhaps for life.

2d *Case.*—Another weakly girl was similarly seized with alarming convulsions and insensibility, from eating of the same indigestible food. The same means were followed, and she was with difficulty restored.

3d *Case.*—W. Thomson, aged 36, strong, muscular, and healthy, was a watchman, and had formerly been a soldier, ate a very hearty dinner, at one o'clock, of *pork, with sage and onions.* About five he became unwell, and at six went off in a fit. The convulsions continued all night; his pulse could not be counted; he was bled by Mr. Alcock, and had cold applications to the head, with a little relief, but died in the morning. On opening his body, every part was found healthy, but the air passages were stuffed with half digested food from the stomach, evidently from the want of power to throw it out, after the retching had carried it to the throat. He was, therefore, suffocated with his own vomit, as sometimes happens to drunkards, who are consequently, in strict language, true suicides.

4th *Case.*—Mrs. L—, aged 70, and gouty, ate of *roasted loin of pork*, for dinner; was taken ill at night with vomiting and purging, and by six in the morning was alarmingly bad, and moaning incessantly. Mr. Haden gave her some medicine, but in the evening she was much worse, incoherent, and could not speak distinctly. She became a little better from the medical exertions used, but it was some time before she recovered the shock. During her illness she had a beautiful dream, first of an immense fair, and then of a splendid and luxuriant garden.

We might ask whether Mr. Haden would recommend roasted pork as a diet for strengthening the fancy of poets? The subject of poetical diet is curious, and requires investigation. Southey is said to drink nothing but pure ether. Dryden followed a starving plan. We shall return to this some other time.

5th *Case.*—A weakly girl dined off *beef's heart*, and was seized with stupor, great heat of skin, flushed face and temples, and rapid pulse. The alarming state of the child caused Mr. Haden to open the jugular vein, and she only became sensible after a great quantity of blood had been taken. By purgatives, emetics, and rigid abstinence, she was with difficulty restored.

6th *Case.*—W. S. a weakly infant, aged a year and a half, in his usual health, ate *mutton chop* for dinner, and soon after, while sitting in his chair, his eyes became fixed, his face lead-coloured, and he fell into a fit, but was not convulsed. His heart seemed to have ceased beating, and he was pale and cold. In this alarming state, Mr. Haden gave him some sal volatile and an emetic, and another surgeon cupped him. He was, by these means, with great difficulty restored.

We cannot too earnestly recommend the perusal of those cases to parents, as well as to delicate invalids. They are stated strongly and plainly, for the express purpose of exciting attention.

School Diseases of Young People.

Parents are often as much the causes of disease among children, from the mode in which they have been educated, as they are in the cases of cramming them with indigestible food. Look back to what we have said of exercise, page 214, and add to the important facts there stated, that the exercise of the brain has an effect precisely similar. Exercise the brain in thinking, in remembering, in calculating sums, &c., and you will infallibly drive thither an increased flow of blood, in the same way as the charwoman, by hard labour, drives the blood to her arms and hands. But you are to remark that the conse-

quences will be very different in the two cases; as different indeed as the hard firm flesh of the charwoman's arm, and the soft and tender substance of the school-boy's brain. In the one case, the increased stream of blood increases the strength; in the other, it has more chance to produce brain fevers, inflammations, or convulsions, and epileptic fits, from the swelling of the blood-vessels, and their consequent pressure on the brain. Water in the head is also another dreadful complaint, caused in a similar way; and also madness and suicide, see page 127.

It is by no means wonderful that such effects should be produced by our very absurd modes of education. The details are by far too extensive to be given in one short paper, but we shall state one or two strong instances of wrong management. Cramming is one of these. The child is, of course, a prodigy, and it is the parents' vain and foolish wish to make it still more wonderful, by stuffing its memory with all sorts of (to it) unintelligible scraps of history, hymns, dates, tables, &c., till it is totally bewildered in the maze, and the upshot usually is water in the head, inflammation of the brain, or epilepsy, and the poor prodigy is sacrificed to the parents' vanity and the triumphant boasting of the schoolmaster, who had succeeded in his task of cramming the memory and producing the alarming disease.

This is no exaggeration, you may be well assured. The case happens every day. Ask your physician or your apothecary what sort of children are most liable to diseases of the head, and he will at once tell you it is those who are considered the best scholars, and the most ingenious; and consequently, who are ever and anon plied with memory lessons and parrotings, and stimulated by flattery to redouble their tasks. It is, therefore, among this class of youths chiefly that disease makes its inroads and its ravages; and surely the consolation to a parent will be small, if he sees his child attacked with falling sickness, water in the head, scrofulous sores and swellings, or pining away in consumption, or what is worse, rendered insane for life, though he may be able to repeat verses, and dates, and cast up sums, or prattle French, and construe his Horace, far beyond all the boys of his years. We shall illustrate this momentous subject by the

Case of a Boy,

Which lately fell under our own immediate observation. The unfortunate youth was the son of a gentleman of high rank, and very rich. From infancy he manifested talent, and being an only son, and the heir of the family, this was fostered and pampered till the boy became really a prodigy at his years. He could repeat nearly the whole of the Paradise Lost, the Pleasures

of Hope, and other poems; he could tell dates to the amount of thousands; he could tell the latitudes and longitudes of most places on the globe, and give the places of the principal stars; he could paint in water colours; could speak French, and construe Latin and Greek; and he could make verses almost as well as Kirke White. He was flattered and stimulated to exert and re-exert, till he denied himself both exercise and sleep. The dreadful consequences were, that he daily lost his looks, and his health, and at last, before the age of 13, water in the head came on, and in spite of all the medical skill in Britain, which money could command, and in spite of a severe operation advised by Sir A. Cooper, he died in great pain in a few days.

This, you will say, is a strong case, and it is so; but unfortunately it is not uncommon, or at least something not less disastrous, and is by no means confined, as might be supposed, to clever boys: a dunce has an equal chance of becoming an early victim to the stupid practice of oppressing the memory by parroting; and of course not only stupifying the judgment, but bringing on fatal consumptions, or diseases of the head, disordered mind, and suicide. (see page 127.) A great part of these evils, we hesitate not to impute to what is quackishly puffed off under the name of the

Interrogative System of Education,

Which we denounce as the bane of health to the young, both of body and mind, producing enfeebled and scrofulous constitutions, on the principle of the blood, just stated, and weak judgments with gossiping memories, or decided insanity. We call upon our readers, as they value the comforts and the improvement of their children to discourage and discard this injurious piece of bookselling and school quackery, which we shall spare no exertion to put down. We must recur to this humbug in an early article: none more richly deserves exposure.

Medical Qualities of Potatoes.

The proportion of starch contained in the potatoe varies according to the species, but it is frequently as high as 18 per cent. (see page 73.) Analysis also discovers a considerable portion of sugar, water, and a peculiar vegetable juice, even in the driest sorts. The waxy sorts, which are only, we believe, relished in London, seem to contain less farinaceous matter than the Irish or Scots potatoes. The introduction of the potatoe was long opposed, like many other useful things, by vulgar prejudice, which was first effectually weakened by Louis XVth, wearing a bunch of the flower on a festival day, in the midst of

his Court, a circumstance that soon attracted attention to its qualities. It is not to be concealed, however, that the potatoe, as it belongs to the family of the Night-shades, must have some of the qualities of a narcotic poison; and accordingly we find that Dr. Latham has tried an extract, prepared from the leaves and flowers, by Mr. Hume, of Long Acre, which in the small quantity of two or three grains, acts as an anodyne, and a double dose produces stupor and giddiness*.

Like Cassava, however, the potatoe, if it possesses a narcotic juice in a raw state, most certainly loses it by the processes of cooking, and becomes one of the most easily digested and nourishing articles of vegetable food, which is not apt, like other vegetables, to produce viscidity and flatulence, though, when used for the whole diet, as it often is among the poor, it is apt to weaken and relax the bowels. Cobbett calls it the "Root of Misery." The celebrated chemist, Parmentier, for an experiment, lived exclusively on potatoes for a month, without the least effect on his health. The ease and rapidity with which potatoes are digested, is proved by the remark of labouring people, who sooner feel a renewal of their appetite after them, than any other sort of food.

Potatoes are most wholesome when either plainly boiled, steamed, baked in an oven with their skins on, or roasted in an iron pot. (see pages 36, 152.) By all of these methods the coarse rank juice is either extracted or ameliorated, and the farinaceous part rendered mealy and palatable. By most other methods of dressing, their nutritious and digestible properties are more or less injured. Mashed or beat potatoes for example, form a tough paste, which contains a great proportion of air, beat into the mass while it is preparing, and confined by the tenacity of the potatoes. During digestion this air is disengaged, and occasions an unpleasant flatulence.

Potatoes cooked under a roast, or roasted or fried with butter or dripping, have their farinaceous qualities much injured, and the brown crust usually formed on them, however palatable and savoury it may be, is very indigestible, in consequence of partial charring, and of the empyreumatic oil which it contains. This will often derange even the most vigorous stomach, and ought never to be touched by the weak. Soup made with potatoes is not so flatulent nor indigestible as pease soup. New potatoes, though an agreeable dish, contain very little of the nutritive farina of the mature roots, being chiefly composed of mucilaginous matter, water, and sugar.

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* Medical Transactions, VI 92.

Neither potatoes nor any other vegetable dish, with the exception of pease soup, ought ever to be warmed up after standing over from a preceding meal, as in such cases they will always be more or less unwholesome.

When mixed with flour, potatoes are much used to increase the quantity of bread at a cheap rate, and it has now become a common practice with bakers. In Scotland, they are kneaded with oatmeal or barley flour, and cakes made from the mixture. From the Irish peasantry living chiefly on the potatoe, and their being proverbially prolific, it has been thought that they are aphrodisiac, or perhaps the opinion may have arisen from Falstaff, in the Merry Wives of Windsor, when he says, "let the sky rain potatoes," though his allusion is to the sweet potatoe, a very different vegetable, now little used. We do not, however, think potatoes possess any specific aphrodisiac power, except by being nutritive.

Confessions of an Oyster-Eater, at the Public Office, Bow-street.

The celebrated *mouthician*, Dr. Apicius Redivivus Kitchener, was brought before the Sitting Magistrates by a posse of parish constables, charged with an offence against the statute 3d Geo. IV. cap. 71, commonly called Martin's Act; and most opportunely Mr. Martin himself happened to be on the Bench at the time *.

John Dobbs, the premier constable, deposed, that, in consequence of private information, he and his fellows proceeded to the Doctor's house, and there, in an inner apartment, surrounded with pots, pans, pipkins, and gridirons, of every sort and description, they found the said Doctor, and two other persons, in the very act of devouring oysters *alive!* The Doctor was caught in *flagranti delicto*—with a fine fat native, struggling between his teeth [*See Plate.*]; but deponent could not swear so positively to the fact, in the case of the other two persons, and therefore he suffered them to depart, on an understanding that they should appear hereafter if called upon. Deponent stated further, that on the table at which the said Doctor and his friends were devouring the oysters as aforesaid, there stood a large earthen jorum, or jug, of *hot milk* †, intended, as this deponent had been informed, and verily believed, for the purpose

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* We shrewdly suspect that the whole scene was got up by the Hon. Member himself as a piece of Christmas pleasantry! Mr. Cruickshank thinks so too [*See Plate.*]

† It appears from this, that Dr. K. gets all his *good things* from the "Family Oracle," for which see page 14.

of washing the said oysters down the throats and into the stomachs of the parties aforesaid.

The Doctor, nervously alive to his character, which he had hitherto, he said, preserved as spotless as his spectacles, and now wished to strain and clarify to the transparency of Tewhaddiddle, refused to take the benefit of an objection from the Bench, as to the irregularity of the proceedings against him; and Mr. Martin volunteering, without fee or reward, to be counsel for the prosecution, observed, that "it was a very stupid Act, and ought to be amended, if it did not authorize the pulling up such a shocking fellow, who had the conscience to tickle a poor harmless oyster to death with his teeth."

Dr. Kitchener.—"I beg to remind the Hon. Member, that the proof of the pudding is in the eating, and that it is extremely improper to serve up the *sauce* before the main dish."

Mr. Martin.—"Sauce!—Now, what the devil does the fellow mean by *sauce?*—I'll tell you what, my honest friend—you're not in your own kitchen at home now; and you won't *dish* us out of our judgment by talking about *sauce*, I can tell you."

Dr. Kitchener.—"This is precisely what I complain of in the Honourable Member. The Honourable Member was smothering up judgment with vituperative sauce—like a rabbit smothered with onions; and that was my reason for interrupting him."

"Ah!" replied Mr. M. "I see now where you are!—You thought I began rather too *saucey*, eh?—You don't like my *oyster-sauce*, eh, Doctor?—'Fait, then, I shall give you a *ladle full* more of it before I've done with you—so you may put some of it between your bread and butter, and eat it for your breakfast to-morrow morning!"

The Doctor submitted that all this was very irrelevant; and he claimed the protection of the Bench.

Their Worships requested that Mr. M. would confine himself as much as possible to the question at issue.

"To be sure, I will," said the Honourable Member; "for, as he says, the proof of the pudding is in the pudding, without the sauce; and every tub shall stand upon its own bottom:—his *oyster-tub*—no offence, Doctor—you understand me?"

The Doctor bowed, and the Honourable Member proceeded. "Now, please your Worships, I shall cut this matter very short. This man, please your Worships, is brought before you for an offence against the 3d Geo. IV.—to wit, for eating oysters *alive;* and I am sure, my honest friend, you wo'nt venture to deny it. It is enacted by this Act, please your Worships, that

if any person or persons, after the passing of this Act, shall wantonly and cruelly beat, abuse, or ill-treat any animal, and shall be convicted thereof before any justice of the peace, he or they shall forfeit and pay any sum not exceeding Five Pounds, nor less than Ten Shillings, to his Majesty, his Heirs and Successors, and in default of such payment, shall be committed to the House of Correction, there to be kept without bail or main-prize, for any time not exceeding three months. Now, please your Worships, he wo'nt contend that chewing an oyster to death is not abusing it, and ill-treating it into the bargain; and as honest Dobbs here, the constable, has sworn that he saw him eating oysters—oysters please your Worships, while they were yet alive and kicking—

MAGISTRATE.—Confine yourself to the evidence Mr. Martin. The word used by the witness was *struggling*, not *kicking*. Indeed I do'nt perceive how an oyster could *kick*, inasmuch as it has no legs.

"Your Worship," replied the Hon. Member, warmly,—"you have taken the case clean out of my hands—or the speech out of my mouth, which is much the same thing; and so I'll say no more about it. But I give you my oath, I give you my honour, that I believe every syllable John Dobbs has uttered, and I repeat—I repeat, please your Worships, that a more flagrant case of cruelty never—came—before—you—by G—d!!"

The Hon. Member sat down much agitated, and their Worships, having reproved him for swearing so unnecessarily, told Dr. Kitchener they were now ready to hear any thing he might be able to say in reply to the charge brought against him.

Dr. KITCHENER.—"Your Worships do me honour; and I have no doubt, I shall soon show you, that this case, like the Honourable Member's *oyster*, has not a single leg to stand upon; for, your Worships, I am backed by a Committee of the most illustrious Gastrophilists in this luxurious metropolis*; and I am, moreover, possessed, in my own proper person, of a perseverance not to be subdued or evaporated by the ignifer-ous senatorial terrors of the Honourable Member, were he ten times a Senator! As to these poor constables, who, perhaps, never shook hands with a stew-pan, nor enjoyed a fat oyster in their lives, and who dragged me away from my house with a half tickled native in my mouth, I forgive them on account of their ignorance of *bonne-boucherie;* but the Honourable Member, who has volunteered to conduct this prosecution, must be answered in another way. The Honourable Member accuses

* Referring, as in duty bound, to his Masters and superiors, our scientific Committee, for the management of this Work.

me of *cruelty* in *eating oysters alive;*—this is the offence with which I am charged, and I shall take leave to answer it systematically.—In the first place, I intend to shew, that unless an oyster is eaten *absolutely alive*, it is not worth eating at all;—Secondly, I shall shew, that the demands of the stomach, when it sends forth eructant signals of distress, ought not to be resisted;—Thirdly, that there is no cruelty at all in the fact charged;—And, lastly, I shall shew, by argument irrefragable, that the statute 3d Geo. IV. does not apply to this case at all."

In the first place, then, your Worships, oysters are of many kinds—of which the Milton, or, as they are commonly, and very properly called, *melting* natives—*melting*, because soft, pulpy, and deliciously soluble; and *native*, because born, and bred, and fed in this happy country, are, unquestionably, the best; and it is of them, therefore, that I shall speak. These melting Miltons—than whom the great Milton himself, was not more melting, *mentally* considered, approach the meridian of their perfection about this season, which may account for my having been found paying my respects to 'em. These delicate little creatures are brought to London from the place of their nativity, *alive*; and why are they brought alive? Most assuredly, your Worships; because the principle of life within them is necessary to the enjoyment of every well-educated palate, your Worships, and I speak it advisedly, it is utterly out of the nature of things, that the gustatory nerves in the human species could be excited by the *corpse* of an oyster. The semi-putrescent deceased would remain, unswallowable, a dead dab on the tongue of the eater, his gorge would rise in spite of himself, perpendicular evacuation would inevitably ensue; and Mr. Jukes's newly invented stomach-pump would be—all my eye and Betty Martin!

Mr. Martin—*(rousing himself from a kind of semi-dose)*—"Don't be *personal*, Mister Doctor!"

Dr. Kitchener explained.—"In using the words 'all in my eye and Betty Martin,' I merely meant to insinuate—without any personal allusion to the Hon. Member, that Mr. Jukes might put his stomach-pump behind the fire—inasmuch as a dead oyster would serve an ejectment upon any man's stomach in one half the time, and at a hundredth part of the expense. No, your Worships! No, Mr. Martin!—Give me my oyster *alive!*—floating, in bland and creamy Majesty, in his own native gravy! Let him approach my mouth quivering with life, and all unconscious of what's coming next—let my broad tongue, moist with gustatory dews, receive him, and embrace him, and gently turn him over—let him feel my juicy grinders softly

tickling him out of his existence—till at last—with one glorious gulp down the red lane he slides to everlasting sleep ! ! Such an oyster, your Worships—like the Egyptian Queen, were indeed "a mouthful for a Monarch !" and for such a mouthful any Monarch might wish his throat three miles long, and every inch of it palate.—But what can the Hon. Member for Galway know of all this? His native country, the *Emerald Isle*, is *peculiarly green* in every thing relating to the affairs of the mouth, as well as the tongue; and if his Pythagorean principles were to become general, we should soon be reduced to feed on that piggish provender—"*pratees* and *buttermilk*."—

"No *national* reflections, if you please Mister Doctor !" said the Hon. Member—getting upon his legs and sitting down again.

Dr. Kitchener bowed, and proceeded:—"In the second place your Worships, I proposed to show that the demands of appetite are imperative and of the utmost importance to the well being of society generally;—that, in fact, the STOMACH is every man's master. The stomach, says Hunter, in his *Culina* page 13, is the grand organ of the human system, upon the state of which all the powers and feelings of the individual depend. So, also, the learned Dr. Waterhouse in his *Lecture on Health*, page 4, has something to the same effect: he says the stomach seems more like a nervous expansion and part of the brain, than a mere receptacle of food. These are authorities which your Worships will not reject I know; but in order to make assurance double sure, and do away all doubt, I will take the liberty of quoting the opinions of the elephantine lexicographer—the great Dr. Johnson himself, on this momentous subject. "Some people," says that stupendous moralist, "some people have a foolish way of not minding, or pretending not to mind, what they eat; for my part, I mind my belly very studiously and very carefully; and I look upon it, that he who does not mind his belly, will hardly mind any thing else." This was the opinion of the largest—I beg pardon your Worships—the greatest philosopher, perhaps, that ever lived; and I, after him, do contend that the energy of our *brains* is sadly dependant on the behaviour of our *bowels*—for without their consent we can neither *think* with precision—*sleep* with tranquillity—*walk* with vigour, or even *button one's breeches* with comfort!

Your Worships, I trust I have *settled the hash*, in respect to this regard; and therefore I shall proceed to serve up the third course of my discourse—or, less scientifically speaking, the third head of my defence—against the alledged *cruelty* of tick-

ling an oyster to death with the teeth; for that it is a mere tickling, I am as convinced as that cayenne pepper, of a brick-dust colour, is not half so good as the brown. (See ACCUM's *Death in the Pot.*) A native oyster, your Worships, a *melting* native, is a creature—a delicious little creature certainly, but it is a creature of altogether different habits and feelings from the rest of the eatable and eating creation. Somebody has said that something is like the air we breathe—if we have it not we die. Certainly, I and your Worships, and Mr. Martin, could not exist if closely packed in an oyster tub without air; neither could any other two-legged, or four-legged, or many finn'd animal; but an oyster, your Worships—the closer you pack him, the longer he lives; and if he once opens his mouth in the tub, he dies! *Smothering*, which is death to others, is life itself to him; and, by a parity of reasoning, we may very naturally infer, that the masticatory process is, to him, nothing more than a delightful tittillation, in the midst of which I can imagine him singing with the poet—

"If this be dying, who would wish to live!"

Your Worships, does an oyster ever make the slightest resistance to being eaten? Is he not, on the contrary, perfectly resigned to the operation? If he sprouted himself out of the mouth again, or went slap up to the larynx, so as to choke his eater—then indeed I would admit there was some cruelty in the practice; but he does not so conduct himself; and, as an additional proof of their insusceptibility to what we call pain, it is a fact, recorded by *Rabisha*, and proved by myself experimentally, that they will actually feed upon white wine and grated bread, whilst they are broiling over a hot charcoal fire! I therefore contend, that where pain cannot be felt, cruelty cannot be inflicted.

Lastly, your Worships, I shall say a few words on the Act of Parliament in question, and shew that it does not apply to my case. and then I shall leave the whole matter to your decision. This Act of Parliament originated with the Hon. Member for Galway, and appears to have been enacted for the purpose of preventing people from *whipping* their horses, and leaving them at full liberty to *nick*, *crop*, *dock*, and *plug* them in any manner they please: for allowing the Hon. Member himself, in his usual Smithfield rounds, to beat the poor dogs unmercifully with his shelalah, for daring to bark at a bull; and for preventing drovers from striking bullocks with an ash plant, and leaving them at full liberty to smash their skulls in with a blundering beef axe; to strip the reeking hide from limbs still palpitating with life, and to perform many other cruelties, too

numerous to mention. Nevertheless it is an Act of Parliament, and as such ought to be obeyed by every loyal subject; though the Hon. Member, in enacting it, forgot that every time he opens his mouth he engulphs myriads of animaculæ of ten times finer susceptibilities than either a bullock or an oyster. So much for the Hon. Member's consistency. But your Worships, the pains and penalties of this beautiful Act are *incurrable* only by those persons who "shall wantonly, and cruelly beat, abuse and illtreat any horse, mare, gelding, mule, ass, ox, cow, heifer, steer, sheep, *or other cattle*"; and, therefore, unless the Hon. Member is prepared to prove that *oysters* are *cattle*; and for that matter he might as well aver a whale to be a fish, he has not, as I said before, a single leg to stand on!—Your Worships, I have done; and, if I am not mistaken, the Hon. Member is *done brown.*

Mr. Martin got upon his *two legs*, to reply, and said—"Now, your Worships, I shall cut this case very short.—My honest friend here—is—in—corrigible; and all punishment would be thrown away upon him, entirely. Please your Worships, he has made *Bellyology* his sole study—his very name smells of dripping and dishclouts; and I shall leave him in his own grease, hoping, that the very next oyster he attacks, or attempts to tickle, may, in his own words, go slap into his larynx, and choke him, for his inhuman cruelty!"

The Hon. Member then went away, forgetting, in his agitation, to take his hat with him; but an officer was sent after him with it, and overtook him before he got into the street; and the Magistrates immediately discharged the Doctor, on the ground that *oysters* did not come under the denomination of *cattle*:—A decision, which all lovers of a good oyster ought to applaud to the very echo, and ought to honour in all future ages by an anniversary oyster-feast.

Chemical Process of Stewing, and its Effect on Food.

The process of stewing very much resembles frying, but with this difference, that water is employed instead of oil or melted fat; sometimes gravy or broth is used instead of water. The quantity should always be sufficient to prevent the meat from being dried or burnt, or from adhering to the vessel.

The quantity of fluid being necessarily small, will soon be driven off in vapour if the vessel is not kept close, or if the heat be too violent, and hence it becomes of importance to regulate the fire so that a simmering, but scarcely a boiling, heat may be kept up, for on this the richness and strength of the stew principally depends. It is this very circumstance, indeed, which

seems to give the French such a superiority over the English in this process, for while we are impatient to hurry on the operation by means of our great sea-coal fires, they wait unweariedly from hour to hour over their charcoal embers, and watch with care the concoction of all the rich juices of their savoury stews.

Stewing, indeed, is little different from boiling in a close vessel for a long time, by means of a small portion of water or broth. It appears, consequently, that none of the chemical principles can escape from the vessel, and must either be concentrated in the water or in the meat. When it is recollected, that hot water is a solvent of gelatine, albumen, and osmazome, it must be evident that these will be partly disengaged in proportion as the water penetrates into the substance to be dressed, and the fat being liquefied by the heat, will also ooze out and mingle with the gravy.

The fibres or threads of meat, are all made up into bundles of a firm texture, by a close membranaceous network, which glues the fibres firmly together. Now when these principles are dissolved, the firm binding of the bundles of fibres must be relaxed, their texture loosened, and the whole must become disorganized and tender. The rich animal juices, are, it must be confessed, dissolved, removed, and mingled with the gravy, but this gravy (which is much more palatable than the unprepared juices), immediately returns, and fills up the vacant interstices of the fibres, rendering them bland, juicy, and grateful to the taste.

The sorts of meat best adapted for stewing, are such as are too tough or too dry for roasting, such as beef or mutton that is too coarse flavoured or old to be dressed by other processes. Stewing will often render meat of this kind good, palatable, and savoury when it could not otherwise be at all rendered fit for the table. On the other hand, meat, which abounds in albumen and gelatine, such as veal and lamb, forms a stew which is perhaps the best way of rendering the flesh of young animals easily digestible by weak stomachs.

Vegetable as well as animal substances, are frequently stewed, such as potatoes, carrots, turnips, onions, celery, pease, beans, and likewise apples, prunes, and other fruits. When vegetables are stewed, the water and the heat render the mucilage and starch soluble, which separate from the woody fibre, and leave it relaxed, soft, and tender, while a portion of sugar is for the most part either disengaged or actually formed. Sometimes the fibrous part of the vegetable is wholly disorganized and converted into a pulpy mass, mixed with the fluid of the stew.

Stews are only of easy digestion when they are very plain, in

which case, though they are scarcely so highly nourishing as meat that is broiled or roasted, yet may be made a wholesome and nutritive variety. Their good qualities, however, are but too often injured or destroyed by high seasoning, and the addition of stimulants and indigestible compounds, much more calculated to disorder the stomach, than to afford nourishment.

Lady THOMSON'S PEASE-BROSE, A CURE FOR SCROFULA.

Hitherto it has appeared to every rational observer, from Hippocrates down to Mr. Eusebius Lloyd, who has written a very excellent book on the subject, that scrofula is a disease of debility, and requires, along with the proper medicines, a nutritive and generous diet, to support the sinking fund of health and vigour. Far otherwise does it appear to Mr. Cherokee Whitlaw, and the *Rt. Hon. Lady* Thomson, the matron and governante of the Bayswater Quack Asylum, who have made the profound discovery, that the poorer the diet of the scrofulous, the sooner they will recover; which, being interpreted, means, that the less the expense at which they can diet their Misses and Maries, that is, their drawing-room and parlour patients, the more money will accrue to the firm of the said *Lady* Thomson, Whitlaw, and Co. Among other dishes contrived for this Jewish purpose, is one which even in Ireland and Scotland, where the poor often live more sparingly than in England, is considered a step lower in poverty than bread and water, and has even passed into proverbial infamy. "I would rather be reduced to live on *pease-brose*, than submit to imposition," will a peasant say, looking upon the dish as the last resource of starving poverty. This popular opinion we affirm to be correct, as the diet can afford but a very scanty nourishment, and we are positive cannot fail to aggravate, in a dreadful degree, the evils of scrofulous and consumptive disease in all its forms.

But let us give a receipt for the dish:—

Stir into a pan of boiling water a quantity of flour made from pease, handful by handful, till it make a mess not quite so thick as custard, and it is ready. It may be eaten with milk or butter; but the latter, we hear, is prohibited at Bayswater, and also the former, except when of a clear sky blue colour.

Such a cure for scrofula, or consumption, we venture to say was never dreamed of before. We think it a much more probable cure for a certain disease called "Life" by some physiologists, and for increasing the trade of undertakers, and the income of quacks, by bringing on diseases where none previously existed. Will Peter Moore, M.P. be so good as inform us how

he relished the said pease-brose, when he was under Bayswater regimen? We should also like to know from Sir Joseph Yorke, M.P. whether it formed the head dish at Whitlaw's dinner, at which he did himself the — infamy—to preside, aiding and abetting thereby an ignorant and unprincipled charlatan to make his fortune out of the pockets of his deluded patients. Would it not have been a more philanthropic undertaking to bring in a bill into the House, to abolish the law of stamps, which protects such swindling knaves, and which we hesitate not to say, is one of the most disgraceful now on the statute-book. In the revision, which it is understood the vagrant act is about to undergo next session, we hope to see quacks and mountebanks specially included, and compelled to shew cause why they should not be sent to the tread-mill.

Dr. Cameron, the Water Quack.

It always carries strong suspicion with it for a person to change his name. We are sure the *alias* is either to conceal some former misdemeanour, or to screen some new one. The affair was this :—An apothecary named Coggins, or Crumples, or some such vulgar name, of no importance to know, was on the point of being starved out, in consequence of ignorance, of a miserable shop somewhere on the Greenwich road: but not relishing the acquaintance of poverty and hunger, he thought he might contrive to *cut* the two unwelcome intruders by an *alias* and an *alibi*. He accordingly left young Crumples in the shop, to buffet and battle them as he could, and having *aliased* himself Dr. Cameron, and *alibied* his residence to London, he commenced his career of advertising and quacking, and has, we are told, pocketed a good round sum, by taking advantage of the gullability of honest John Bull. He pretends among other things to be particularly knowing in liver complaints; though a child might know he could not learn much by inspecting the urine.

We have no interest nor wish to deny, that the urine varies much in many diseases : from the time of Hippocrates, whose valuable works are now before us, the changes of the urine have been noted with care, and useful facts have in this way been discovered; but we are certain that this starved out apothecary, Crumples, is quite guiltless of all such knowledge, which it is to be remarked can never be trusted to without other symptoms, as the urine will often appear the same in the most opposite diseases.—The subject, however, of the changes of the urine, is curious and important, and we shall therefore take it up scientifically anon, to enable our readers to be their own Water doctors, and save their guineas from the vile touch of a quack.

THE FAMILY ORACLE OF HEALTH.

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NOTICES.

If Whitlaw wishes to be respectable, let him renounce pease brose, boiled cabbage, and Bayswater quackery, and betake himself to his spade again as a journeyman gardener. When friends drop off it is time to bethink. Can he tell us why the Revd. Dr. Manuel of London Wall, Mr. Drummond the banker, &c. &c., have now deserted his pease brose feasts? What does his bride, Mrs. Quack Whitlaw, say to this?

Mr. Churchill, the pain-hunter, is, we observe, very fond of seeing his name and the number of his house in print. Well, this at least looks like pu—(no we shall not use that word yet)—pushing.

Mr. Travers has made the great discovery that English surgeons owe all their skill to the high price of surgical education. Would Mr. Travers be so kind as to tell us to what the Scots surgeons owe their acknowledged superiority? The same advantages can be obtained in the Edinburgh and Glasgow Hospitals for 5*l.* as in the London ones for 40*l.* or 50*l.*: The lectures for a half or two thirds less.

Gratis Prescriptions and Advice to Subscribers.

[*Age; habit of body and of living; causes, progress, previous treatment, and standing of complaints must be stated.*]

A. M. of Burnham, Essex, will be attended to next No., and in the mean time is advised by all means to remove the two offenders which he mentions; to avoid his evening indulgences as much as possible; and to take, for six weeks or two months, five drops of muriatic acid in a wine glassful of the compound decoction of barley three times a day. The white meats are better than beef, mutton, or bacon; biscuit, than bread; potatoes than greens; and cyder than malt liquor or spirits. Tobacco is very bad. We should be greatly obliged by the receipt he promises, if sent in time for next number.

E. W. J. of Liverpool, is advised to take from ten to fifteen grains of ipecacuan in powder, every morning about 5, or 6 o'clock; to go to sleep again after the medicine has operated; and to take his usual breakfast on getting up. He should also sponge the body every night on going to bed, with warm vinegar with a little mustard or cayenne pepper in it; and instead of his plaster try Dr. Jenner's oinment, page 151, The mixtures which he uses can only have a temporary effect. Chicken, veal, game, &c., are much better than red or fat meats, which are too stimulant or indigestible. We think the complaint has at first originated in the bleeding.

Mirator should use a strong calico belt; and take as little liquid as possible. A month or six weeks rigid training would, we are persuaded, do wonders.

S. C—d will find nothing but mischief from Courtenay's Tonic Drops, or Solomon's Balm of Gilead, as they are highly stimulant and inflammatory. The most powerful of all remedies in such cases is a blister (repeated as often as necessary), on the perineum, and rigid training. We have known many cases thus cured in a few weeks, or at most in a few months.

J. B. of the Custom House, should inject tepid milk and water, morning and evening; and take one drachm of cubebs powder thrice a day for four or five days, increasing to two drachms if not effectual. No change of diet will be necessary.

H. H. should try two or three raw eggs beat up with a little wine and water, two hours before breakfast and dinner. Cold spring water dashed over the arms, neck, and face, is the best thing for alleviating thirst. Be so good also as look to the advice to S. C——d above, as to blistering, &c. Nothing will do any good if the indulgence is continued.

B. B. may confidently take the Pills, page 279, for his ague.

A reader, Westminster, did right in giving up the flute and violin. The piano-forte, though not favourable to nervous complaints, is not so bad. Singing in moderation may be useful. He should abridge his sleep by at least an hour and a half; have cold water poured over his head night and morning, and take exercise daily, but not to cause much perspiration. No sleep should be indulged in after dinner.

J. S.—A, B, C—Henry—X—M. L.—Emma—G. C.—A segar smoker—D., Edinburgh—Ben. Gregg, Glasgow—An amateur of wines,—No glutton—Mr. Jones, Manchester, John Bull, &c. &c., will perceive that their cases are attended to.—Several letters came to hand after this had gone to press.

February Diseases, and the Means of Escaping them.

> Came next, chill February, brac'd to brave
> The pelting sleet—an infant Hercules—
> Exulting in the dawn of coming spring.
>
> The Months.

This is the month of headaches, apoplexy, and inflammations of the chest, often terminating in fatal declines and fevers, arising first from cold, and secondly from the indigestions of the preceding holydays; for it must not be imagined, as we formerly hinted, that the effects of a Christmas dinner, a New Year's day banquet, or a Twelfth Night feast, upon a person unacquainted with our science of good living, will always and only end in a morning qualm, a week's indigestion, or a bilious fever of a fortnight. The errors of ignorance are not so easily got rid of. When once they effect a lodgment in the stomach, liver, and bowels, they stick as fast as particles of arsenic, and all the efforts of the wonder-working stomach-pump may prove abortive to evacuate their poison. When such effects so surely follow unscientific feasting, it will furnish a powerful motive for studying the rules of comfort laid down in this work. We fear not to say that the science was never publicly taught in this country, till the era of our publication; for it is well known to all amateurs that there is no book in the language except our own, in which good living is philosophically treated and made practically useful.

Those then who have been betrayed into an unscientific indulgence of appetite, during the holydays, and have weakened their constitutions in consequence, will, in most cases, be unable to bear the chills of February; and the more so when these are chequered by glimpses of sunshine, and occasional pet-days of warmth and spring beauty, which may tempt them unwarily to doff their surtouts and their additional silk waistcoats. We press it upon you to beware of this, if you have any regard for your lungs or your brain, which may be thus brought into fatal inflammation. We cannot too often remind you, that the feet are of the most importance to be kept warm; for if they are ever allowed to become cold or damp, you may be almost certain of headache, hoarseness, or cough. The following is the best

Prescription for Spring Colds and Hoarseness.

Take a tea-spoonful of syrup of poppies,
one-sixth of a grain of tartarized antimony,
twenty grains of sub-carbonate of potass,
four tea-spoonfuls of fresh lemon juice,
and an ounce and a half of pure water:

Mix for a draught, to be taken in bed, after the feet have been bathed in warm water—repeated every four or six hours, if necessary.

The diet ought to be light, and all stimulants most strictly avoided; such as mustard, pepper, wine, &c. This may be thought a hard regulation; but we cannot help it: we are not to blame when our readers bring diseases on themselves by inattention to our science of comfort.

Pleurisy.

Is one of the most common bad consequences of the chilly days of spring. It takes its name from the membrane, called the *pleura*, which lines the chest and covers the lungs, and which is, in this disease, inflamed. The increase of blood in this membrane, driven thither from the skin by cold, causes sharp pains or stitches; and the unavailing efforts made to throw off this superabundance of blood terminate in a short, dry, and distressing cough. The patient cannot lie on the side, because the pressure of the lungs on the inflamed membrane causes acute pain; and for the same reason, taking in a full breath is very distressing. The particular part inflamed may generally be known from the situation of the pain, which is sometimes in the side, sometimes along the breast bone, and sometimes about the pit of the stomach, being in the last case extremely distressing, and catching the breath at every inspiration, with a painful feeling of tightness.

When pleurisy makes an attack, the sheet-anchor of the cure is loss of blood. Cupping over the chest, or between the shoulders, to the extent of a pound or a pound and a half of blood, should be performed without an hour's delay. Or in the country, where the surgeons cannot cup, as much blood may be taken from the arm. The late lord Erskine, when alarmingly seized with inflammation of the chest, made his surgeon bleed him to an incredible amount, which he would not venture to prescribe or take the responsibility of; but it for once saved his Lordship, though a subsequent attack proved fatal. There is, however, very great danger in bleeding to excess, (see page 30.) as it may lay the foundation for consumption and obstinate nervous complaints. If bleeding is objected to, the next best resource is

Dr. Balfour's Antimonial Sedative.

Take one-fourth of a grain of tartarized antimony,
and a sufficient quantity of refined sugar, to

Make a powder: one to be taken in jelly or marmalade every two hours till the symptoms abate. Barley water, but no acids, to be taken warm.

If this does not give relief, a large blister ought to be put over the chest or between the shoulders, and the bowels must be kept open with the Lavement, page 206. All cold and stimulants must be avoided during recovery, as the patient is very apt to relapse in this as well as in

Sore Throat.

This is caused by the same things as pleurisy, and only differs from it, in the seat of the inflammation being here in the membrane lining the throat, to which an overflow of blood has been driven from the skin by external cold. The great secret of cure, therefore, is to get this overflow of blood back to the skin. For this purpose, in slight cases, Dr. Buchan's prescription is excellent: wrap up the throat with a lamb's wool or fleecy hosiery stocking on going to bed, and in the morning your sore throat will be gone. In more severe cases, put a vinegar and mustard poultice around the throat, or rub the parts with a bit of flannel dipped in the

Milk of Ammonia.

Take an ounce and a half of spirit of hartshorn,
two ounces of olive oil:

Mix in a phial by shaking. The embrocation, page 126, is still stronger.

If these are not sufficient to remove the inflammation, a blister must be tried, in order to prevent suppuration. The same remedies may be given for hoarseness, which prevails in spring from the same causes as the preceding. In hoarseness of long standing, the linctus, page 164, is excellent.

Spring Declines.

The coughs, colds, pleurisies, sore throats, and other inflammatory affections of this and the preceding winter months, very frequently terminate in fatal consumptions and declines. It is well known that when such diseases have reached a certain point, that no remedy has hitherto proved successful, so that our great care ought to be, to muster our means of cure in time to avert this fatal point. Our great object ought to be, to subdue the inflammation without impairing the strength, and bleeding of course must be used very cautiously and sparingly. Blistering will be much more efficacious; but above all, drawing off the blood to the skin by a constant use of the flesh-brush, and by applying it frequently to the chest, the back, and other parts of the body.

Dr. Stewart's Liniment for Declines.

Take half a pint of the best vinegar,
a tea-spoonful of cayenne pepper,
a table spoonful of mustard:

Mix and apply it warm, in a warm room. The patient to use as much cooling and acid drink as he can relish.—Or Dr. Jenner's ointment, page 151, may be tried to relieve the cough.

In the early stages of the cough and inflammation, all highly nourishing and stimulant food and drink must be absolutely prohibited; and white meats, such as chicken, veal, lamb, and sucking pig, taken instead of beef, mutton, or pork. Salt, mustard, and pepper, must also be given up or used very sparingly.—The Treatment of the next stage of Declines will be given in a future page.

Vaccination and Small Pox.

The discovery of Dr. Jenner would have been quite superhuman—would have been an unearthly miracle—had it been free from all imperfection. We have no such thing in our poor world as perfection without a flaw—it is impossible—and who ever aims at it must be disappointed; but there are not wanting many, whose minds and feelings are so perverse and debased, that they fasten upon the slightest defect in our greatest and best discoveries, and multiply and magnify it in their diseased fancies till, like Satan, in Paradise Lost, they make "the worse appear the better reason." In this light we are disposed to view the outcry and *mala fama* raised against vaccination, which, like every thing of human contrivance, is confessedly imperfect; but its triumphs are gloriously emblazoned on the thousands of smooth faces now seen in our streets, that have within the last twenty years taken the place of those whose finest features and blooming complexions were marred by the small-pox. Look around you, and say, whether you can now see in the crowded street or the crowded assembly an equal, or any thing like an equal number of faces disfigured by small-pox, as might have been seen even ten years ago.

We do not deny—for the fact is established, that small-pox have, in a number of cases, succeeded vaccination, in the same way as natural small-pox in a number of cases have succeeded small-pox-inoculation*. But in all cases hitherto known, where

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Dr. Graham, of Dalkeith, informs us that he had a patient who had natural small-pox very severely at three years old, and who, at twenty-three, was again seized with them and died.

the vaccination has been perfectly performed, the accidental occurrence of small-pox afterwards (and this is rare, indeed,) has been mild and mitigated—the primary fever being always short and soon over. The secondary fever (which is most dreaded in small-pox,) never comes on at all in the small-pox after vaccination. The whole disease, in a word, is so mild, and unlike the old small-pox, that it has long been a question whether it is so. This it is of little moment to determine, so long as the disease, whatever it may be called, is so little severe and so very seldom fatal.

Small-pox, we are quite certain, however, would not occur once in a thousand times, after vaccination, if it were properly performed and tested; and it is owing chiefly to imperfect vaccination that so much alarm has been created. In order, therefore, to put our family readers in possession of the best information on the subject, we shall state the tests of perfect vaccination.

Changes of the Vaccine Pustule, or Cow Pock.

The matter, taken on the ninth day and perfectly transparent, being inserted under the skin, will produce, on the *third* day afterwards, a small red spot. On the *sixth* day, it becomes discoloured in the centre. On the *tenth* day, it is perfect, and should have a dimple in the centre, and not be raised like a common pimple. Another complete test of its perfection is, that when pricked by a needle, the contents are not all let out, as in a common pimple, and for this good reason, that the vaccine pustule is composed of many bags or cells that do not communicate with one another, while the common pimple has but one bag or cell. This allows also matter to be taken without destroying the vaccine pustule. Another mark of the genuine vaccine pustule is, that its shape is circular or oval, and the margin never irregular and jagged, while the outer margin is deeper red than the space within it, and between it and the centre. It should disappear about the 13th day, and the scab fall off in a fortnight. If the pustule want these characters on the ninth or tenth day, and look like a common pimple or an inflamed sore, it will afford no protection from small-pox, however severely it may affect the patient with fever, &c.

Dr. Bryce's *Test of perfect Vaccination.*

All parents should insist upon the family surgeon's using the test discovered by Dr. Bryce, of Edinburgh. It consists in vaccinating on the *fifth* day the other arm from the one first vaccinated. If the first has been perfect, both pustules will

ripen precisely at the same time; if this does not take place the constitution has not been properly affected, and it must be repeated. This is simple and easy, and ought never to be neglected.

Tests of Perfect Vaccination. By Dr. Gregory, *Physician to the Small-Pox Hospital, London.*

One of the most important discoveries, respecting small-pox succeeding vaccination, has been made by Dr. Gregory, who finds that the violence of the secondary small-pox is in proportion to the imperfection of the vaccine scar, or, as it is called by surgeons, the *cicatrix*. Dr. Gregory informs us, that when the vaccine scar on the arms is distinct, circular, and full of little pits or dimples, spreading in rays or lines from the centre to the circumference; but above all, when the scar is so small, that it can be covered with a pea—the secondary small-pox, if they do occur, will be so slight, as hardly to deserve the name of a disease. On the contrary, when the vaccine scar is large, irregular, and without the little radiated pits or dimples, secondary small-pox, if they do occur, have a chance to be severe.

We earnestly recommend, therefore, on the faith of Dr. Gregory's judicious remarks, which have been derived from very extensive experience, that all our readers examine the vaccine scars on the arms of their children, and if they are not small, circular, radiated, and pitted, to lose no time in having vaccination repeated. Dr. Gregory further informs us, that vaccination will not succeed the second time when the scar is perfect, so that the trial can give no inconvenience where it is not wanted. This agrees perfectly with our own experience.

The idea is gaining ground, that the protecting influence of vaccination wears out in ten or in fifteen years; but if it does (and this is far from proved, and very doubtful,) repeating the vaccination and renewing the insurance is, surely, easy. The interested squabbles of medical men have raised much more alarm than the facts warranted. We hope that this short but plain paper will allay the fears of our family readers, put them in the true path of science, and teach them to be on their guard against the misrepresentations of the alarmists, upon whom we shall keep an eye; and, if needful, apply the scourge.

Films, Clouds, Webs, Specks, and Fire-flashes of the Eyes. By Mr. Travers and Mr. Guthrie.

These affections (called by surgeons, *Muscæ Volitantes*,) are extremely common, and greatly alarming. Mr. Travers describes them as dark specks, never fixed, but floating before the

eyes, resembling flakes of soot, insects' wings, flies, &c.; and says, truly, that a cloud of these appearing is often the forerunner of severe headache. They are also common in fevers, and cause the patient to pick the bed-clothes. Mr. Guthrie has furnished us with a more minute account of them. He describes them to be like small threads, or filaments, taking the form of worms, or zigzags, greater or smaller, but usually small; or little globules, or webs, or luminous spots, always moving before the eyes and never fixed. They sometimes form a bright chain of globules, like quicksilver, as if interwoven in a winding chain of spider's web. When such are seen by day, on looking up to a bright sky, or on a white wall, or looking by night into the flame of a candle—in the dark, or when the eye is closely shut, flashes or rings of fire will frequently, if not always, be seen. The motion of the spots, whether dark or bright, is usually downwards, and the eye, for the most part, continues in pursuit of the object, till it falls below the field of vision, and disappears. Sometimes a dark skreen, as Mr. Travers says, seems to rise upwards. If the head is bent down, and the eyes fixed on a bright white surface, the objects seem to fall forward, and collect in a point as if they were moveable, and fell by their own weight.

The cause of all this has yet to be discovered, for upon dissecting after death the eyes of those who have been so affected, nothing can be discovered diseased or unnatural. It may, however, be ascribed to some weakness or deficiency in the nerves of the eye; but this is mere conjecture, and cannot be proved; nor has such a notion ever led to the means of cure. Mr. Guthrie agrees with Demours, of Paris, to ascribe the affection to some turbidness in what is called, in the eye, the humour of Morgagni, which is a small quantity of fluid in the interior of the eye. This notion seems very plausible, as the objects do look as if they floated in a fluid. But it is unfortunate for this plausible account, that Dr. Jacob, of Dublin, has shewn most satisfactorily that this humour of Morgagni is only found in the dead eye, being a consequence of death, and does not exist in the living eye. In the eyes of sheep and oxen, for instance, it is not to be found till some time after death; in the eyes of criminals, also, immediately after execution, it is not to be found.

We mean no alarm to such of our readers as have this affection, by telling them it is quite incurable; for it is neither dangerous nor troublesome; continuing usually for life, and seldom either increasing or decreasing. Blistering the head, cupping the temples, and strong purgatives, usually prescribed, may do

harm, but they can do no good. By these means the eyes may be weakened into incurable blindness, but the affection of the floating objects will remain the same. As they give no inconvenience, therefore, except when the attention is directed to them, it is well to let them alone. If the objects are not floating, but fixed, it is another matter; and we shall take up this, and cataract, by and bye. If there be along with the floating objects, dull, constant nervous headache, and costive bowels, these must be treated by the directions given by us in another part of this work.—See top of page 127, 100, 84, &c.

Scientific Dining, and the Blunders of the Doctors.

Never trust a Doctor, be his skill and learning ever so famed, if he tell you what you know is unnatural, and prohibit you from indulging in the scientific comforts and enjoyments of good living, as laid down in this book. It is his heart's delight to see you eating ignorantly, and keeping spare corners in your stomach for harbouring indigestions, as this will infallibly give rise to pain, belching, and headache, and furnish him with occasion for prescribing and pocketing your guineas. This, you may believe us, is the true origin of the standing order of the day in all medical directions with respect to eating, which bears, that you "must never fill your stomach, but always leave off dining with a portion of appetite and a spare corner, whose cravings and twinges you must meet with a stubborn resistance;" that is, you must only satisfy your hunger one-half, two-thirds, or seven-eighths, and subject yourself to the gnawings of the other half, third, or eighth of the stomach, till the following meal.

Now, we simply ask the wise Doctors who thus set their ninnyism up in opposition to nature, why is the stomach made to contain three pints, if it is to be put off with two, or two and a half? nature seldom does any thing in vain, and if two pints, or two pints and a half, had been deemed a sufficient capacity for the stomach of man, why was this superfluous corner formed?—The home truth is, that nature never meant to make such a superfluous corner, and it is altogether a clumsy contrivance of the Doctors to increase diseases and furnish their purses. We do not mean, indeed, that this applies to the respectable and upright members of the profession, who, both by precept and example, do honour to nature and to the science of good living, by always dispatching the full measure of three pints, selected of course from all that is nice, and savoury, and wholesome, at table. We only refer to those Doctors who know nothing as

they ought, either of medicine or good living—who unceasingly drug their unhappy patients with calomel and opium—and who, therefore, do nothing but add to the bills of mortality, and kill off their portion of the increasing population—the great bug-bear, that is hourly threatening to eat up Mr. Malthus and his followers by wholesale.

But let us lay down the law of nature, which is simple enough, had it not, as usual, been so beclouded and obscured by "note and comment." In dining, you may safely eat till your appetite is fully satisfied, and every spare corner occupied by its tit-bit; provided always that you never cram the stomach till it feel stretched and painful, or excite the desire to unbutton your silk waistcoat. If you do so incautiously, however, there is an immediate remedy; as we shall see presently; but prevention is ever better than cure; and therefore, we advise that our WHETS be always used scientifically, and not disgraced by vulgar abuse.

On the contrary, those who leave off dining, with a spare corner for hunger to gnaw at, will diminish the due supply of nourishment to their bodies, and must fall into some malady or other, and become the prey of the Doctors who advised it—were it for no other reason than this, that leaving the appetite unsatisfied, will beget fretting and irritation, and these will put a stop to all digestion by drawing off the nervous energy from the stomach to the brain. We speak not of the discomfort of sitting down for the evening with a half satisfied stomach; those who give their judgment in keeping to the ignorant, deserve no better. Look at the poor man, who cannot afford to fill his belly, and you will see, in consequence, equally unfilled corners in the hollow of his cheeks; look at the amateur, who daily fills every corner of his stomach with niceties, and you will see how it tells on the plumpness and healthy hue of his scientific countenance. This is worth a thousand arguments, and we shall not waste another word on the starving Doctors.

On Buying the Good-will, or the Share of a Business.

The practice of purchasing what is called the good-will of a business, has of late increased to a great extent, and with its extension there has been an increase of fraud and chicanery. It is in truth made by some a complete trade, by which they enrich themselves, and often ruin the well-doing and industrious, who are caught in the snare of fair appearances and the sure prospect held out to them of making a rapid fortune. We have known

some shops, &c., ruin half a dozen occupants in succession, and yet nothing could look fairer than the GOOD-WILL each time the business was disposed of. One standing test to try the value of a business by, is, not the books kept by the previous occupant—for these may be dressed up to advantage—but the situation and neighbourhood. If it be a school, or a drug shop, or a public-house, look well around what opposition is near you, and if you see much of this, you may turn a deaf ear to all the seller tells you against the neighbouring rival; for you can never know his influence till you learn it by experience, and then it may be too late.

Another excellent test is the general history of the business for the previous five years, and the particular history for the previous five months. If the business for the previous five years has been in one hand, and there be any fair reason assigned for the sale, it is a good omen. If, on the other hand, there has been a succession of occupants, such as two, three, or more in that period, you ought to be extremely suspicious of the plausible accounts given you, and not risk your capital on the concern. Something again may have occurred within the previous five months to do great injury to the future prospects of the connection, and this ought to be carefully looked into. The real motive for the sale ought always to be strictly investigated and distinguished from the pretended and ostensible motive.

Where there is a fair probability of keeping the connection of a purchased business, it is always a great advantage to be along with the seller for the last six or twelve months of his occupancy. If you buy a share only of his business, with the proviso of succeeding him after a time, you should be very wary how his accounts stand. We knew a young man who was prevailed upon to give 5,000*l.* in this way; but before six months elapsed, the house failed, and he lost every penny of his money.

We caution you to be particularly on your guard in making bargains of this kind, and against taking an extra glass of the bottle of wine, introduced by custom, to settle differences. Many a clever, sensible, and otherwise sober and cautious man has been thus entrapped into a ruinous bargain.

THEATRE AND BALL ROOM DISEASES.

Out of the four or five thousand who annually die of consumption and declines in the metropolis, we may safely say that two-thirds can date their complaints from their attending some crowded assembly. Listen for a minute, and we shall put you on the way of preventing a similar danger. We must

first, however, show you where the danger lies. Know then that cold will do you no harm if you are not improperly exposed to it. Cold will injure the feet, but it will not injure the hands; it will injure the stomach, but it will do no harm to the face. The danger then is when you are heated to perspiration in the theatre, ball-room, &c., that your feet be exposed to some cold stream of air, or become cold from damp; and that thirst may induce you to eat ices, or take a draught of any thing cold. This rashness has often caused instant death, and oftener laid the foundation of a lingering and fatal illness. The reason of such consequences is to be found in the current of the blood. Cold, applied suddenly to the stomach, in the same way as a blow on the stomach, makes the blood vessels contract, and expel the blood in a gush to the heart and lungs; and if they are not strong enough to withstand the flood, there is instant suffocation. If the patient escape this, there is every chance for the increased flow of blood causing inflammation of the lungs or the heart; or, if there be weakness there, bringing on cough and decline. Similar, though not so sudden, effects arise from cold or damp feet, chiefly through their sympathy with the bowels and the head.

Now, mark the distinction: when cold is applied to the hands or the face, the constant exposure of these to the open air renders the effect much less sudden, and though it do check perspiration, and cause the blood to recede, yet all this is so gradual and gentle, that not only does no injury follow, but it brings with it great benefit and comfort.

These principles are invariable, and they lead to safe and comfortable practice. Avoid, while you are warm, all ices and cold liquors, as you would avoid poison and pestilence, and particularly take care of cold feet, cold draughts of air, or going suddenly into a cold from a hot room, in a state of perspiration. But do not suppose by this that we mean to deprive you of all access to cold, and keep you half suffocated by the exhalations of lungs, and lamps, and gas-burners. We shall, therefore, prescribe for you

A safe and delicious Cooler.

Look back to pages 169 and 194, and you will understand what we mean. These are, indeed, the only two methods of enjoying the hottest suffocation of theatres and assemblies, without danger, and not only so, but with an inexpressible degree of comfort and pleasure, which can by no other means be procured. The apparatus must be contrived according to the ingenuity and convenience of those who use it. The principle

is generally and universally applicable, and far excels, in efficacy and pleasure, the most exquisite fruits and ices, while it is safe, cheap, and strengthening. Could we persuade the public into the adoption of the plan, we should fearlessly prophecy that it would annually save some thousands of lives.

But it would be unfair to leave those who have had the misfortune of a dangerous exposure to cold, or who have imprudently taken an ice, while perspiring, without some consolation in the form of a prescription. We advise, therefore, that after imprudent exposure, or imprudent ice taking, or cold drinking our fair readers (who are, on account of their delicacy, in the greatest danger,) to take the following:—

Preventive of Theatre Diseases.

Take sixteen grains of nitre,
two grains of ipecacuanha,
one grain of opium.

Mix them well, and after a warm foot or hip bath, take the powder on going to bed. Breakfast in bed next morning, and lie an hour or two afterwards.

Should this not be sufficient to expel the disease, the same must be repeated on the following night. Cold, however, has some chance to make an attack in spite of all precautions, either on the head or the lungs. If it affect the head, it produces what is called a sneezing cold, which, though it is not so dangerous as an affection of the lungs, is at first much more troublesome, for the head feels heavy, stupid, and aching, and the nostrils are stuffed, which makes breathing difficult and laborious. The matter stands thus:—Cold, suddenly applied to the whole body, while warm and perspiring, contracts the vessels of the surface, and sends a gush of blood into the inner parts. The thin tender membrane, which lines the nostrils, cannot withstand this spring-tide of blood. It accordingly swells, and becomes inflamed and painful. Now, you must understand, that this membrane goes farther than the nostrils: the eye-brows are placed over a hollow bone, or rather a double bone with a small cell scooped out in it, which communicates with the nostrils, and the membrane in question lines the whole of the cells under each eye-brow. The inflammation then in the membrane of the cells explains the severe pain in the brow. The same membrane goes back from the nostrils to the internal ear and upper part of the throat, and the deluge of blood, driven thither by cold, spreads along the membrane like water through blotting paper, and the ears are involved in the

pain, while the throat becomes raw and sore, and the voice hoarse.

In this state of things confinement within doors is advisable, and the treatment just recommended may be pursued, together with every means for getting the blood out from the inflamed membrane to the outer skin. If the pain is severe, leeches may, with this view, be applied to the forehead, or you may use the

Warm Lotion for Colds in the Head.

Take one or two tea-spoonfuls of the juice of horse-radish, or flour of mustard;
the same of the spirit of rosemary;
an ale glassful of hot brandy.

Mix, and apply to the brow, with a linen cloth; or, in slighter cases, sponge the parts with hot vinegar, into which a little of the spirit of rosemary has been put.

When there is troublesome hoarseness and roughness at the top of the throat, or back part of the nostril, chew a bit of horse-radish frequently. It is very powerful in dissolving recent inflammations of these parts. Cayenne pepper and mustard have a similar effect.—The Nervous Diseases produced by attendance at the Theatre or Ball Room, must be left for a future page.

Economical Estimates of Personal and Family Expenses.

As the tables of expenses, which we have previously inserted, have been of great utility in exciting our readers to attend carefully to their income and outlay, we shall beg leave to introduce here an estimate of the weekly quantity of food and drink indispensably necessary for the comfort of every individual, without allowing for superfluities or luxuries. The estimates are strictly derived from experiments made on purpose, and may be relied on.

Bread, the staff of life, is the first article, which has been experimented on, and we find that a moderate eater will require about three quarters of a pound, per day; and one, who has a more capacious stomach, will eat about a pound. A Frenchman or a German will eat a great deal more; and we know one bread-chipper, who eats two pounds daily. This person has been known to eat eight or nine hot rolls at breakfast!!!

Butchers Meat, will come a very little more in weight than bread; but, with vegetables and other things at table, we may reckon, when meat is taken twice a day, that from three quarters of a pound, to a pound and a quarter, will be a fair daily

allowance. Less beef will do than veal or sucking pig, which, independent of their price, are inferior in nourishment. We may say almost the same of fish, fowls, and game, which are all inferior to beef and mutton, and must be eaten in greater quantity to produce the same nourishment.

Vegetables vary much in quantity according to their kinds. A person will always eat less in proportion to the nourishment of the vegetable, and will accordingly eat fewer potatoes than greens or turnips, which contain little more than water and a little sugar (see pages 72 and 237.) From a quarter of a pound to three quarters, will be enough per day for dinner and supper.

Beer, we find to be considerably under a quart per day for each person; and some of us have done very well with a pint for dinner, and half a pint for supper, even when no water, wine, nor other liquor was used. But it is to be recollected, that we have a secret for quenching thirst without drinking.—(See pages 169 and 194.)

Tea may be estimated at two ounces per week for the male, and two ounces and a half for the female members of a family. Less than this would do, by infusing it for not less than a quarter of an hour; but more is often taken.

Coffee, if made according to our amateur directions, page 26, and taken morning and evening, may be estimated at two ounces a day. Those who take it boiled, and of course spoiled, may do with half that quantity; but we should not envy them their beverage.

Breakfast Powder, or Roasted Corn, may be reckoned at something less than coffee—say a fourth or a fifth. See page 196.

Sugar, for both tea and coffee, and pies and puddings, may be set down at a pound, or a few ounces less, per week.

Butter, we find to be somewhat less than sugar, when fresh is used; but salted butter does not go quite so far, owing to its being more condensed, and less easily spread.

Coals, we calculate at from two to three bushels per week for each fire. If our mode of making four bushels of coals out of one (page 36,) be adopted, much fewer will serve. The best Wallsend coals, although at first they cost more money, are in the end the cheapest. Much depends also on the kind of stove or grate used, and on the care with which the cinders are sifted and turned to account. A cinder sifter will save at least a bushel per month, if it is in daily requisition; but servants are not to be altogether trusted with this.

☞ Our readers would highly oblige us by their various experience, or experiments, on these interesting topics.

Diseases caused by Shaving, Snuff-taking, and Segar Smoking. By Henry Earle, Esq. F.R.S., &c.

Our readers are already well acquainted with the talents, industry, and bold independence of Mr. Earle, one of the rising ornaments of St. Bartholomew's Hospital, and surgeon to the Foundling, who is treading worthily in the steps of his distinguished father, the late Sir James Earle. He informs us, that in his experience, he has seen very slight and apparently trifling diseases often, by neglect, or by careless irritation, put on all the threatening and malignant form of cancer, or mortification. We think it, therefore, of high moment to all our readers to furnish them with Mr. Earle's useful remarks on this subject.

Shaving.—A patient of Mr. Earle's cut himself while shaving, and probably he had divided obliquely some of the hairs near their roots, which continued to grow; but not finding a proper passage through the skin, they coiled up beneath it, and formed several very painful pimples, that put on a very angry ulcerated appearance, and, unless Mr. Earle had carefully extracted the roots of the hairs, they might have ended in a fatal cancer. He says, that many such cases arise from the irritation of shaving, and the patients usually refer to a slight cut, or scratch, from a blunt or a foul razor. A wound thus made, is irritated and aggravated every time the patient shaves; or if not, the hair being allowed to grow, gets matted together, and prevents the application of proper remedies. He properly directs the hair to be cut close by small cornea scissors, and if the wound does not improve, but continues foul and spreading, to cut out all the diseased part with the knife, or burn it out with caustic, as a little pain at first is better than running the danger of an incurable cancer. The older the patient is, the more is the danger, as cancer seldom attacks the young. There is greater chance of danger if a wart or a mole has been cut or scratched. We request our readers not to treat such as if it were a light or trifling matter; for it may end in a loathsome disease and a painful death. Our former paper, on Easy Shaving, page 78, may be read with advantage.

Snuff-taking.—The practice of taking snuff, when carried to excess, besides producing, as we have seen, page 97, various disorders of the head, the eyes, the ears, the lungs, and the stomach, is often, as Mr. Earle informs us, the origin of cancer on the upper lip, or the sides of the nose. In an old lady, he had to cut away, from such a cause, part of the side of the nose. In

a gentleman, much given to snuff-taking, there was produced a corroding or eating, cancerous ulcer, with hard edges, which caused the greatest alarm in the mind of the patient. Mr. Earle having been called in before the disease had spread too far, succeeded in removing it, and the patient was very thankful to have his life saved, even on the hard condition of giving up his favourite pinch. Those who allow snuff to incrust on their upper lip, or to harden in the nostril, well deserve to suffer the penalty of their dirty habit, even should it lead to cancer and the necessity for the surgeon's knife.

Segar-smoking.—Tobacco, in all its forms, is a rank poison, and should be tampered with very cautiously. It may indeed, like other poisons, often furnish, in skilful hands, a powerful remedy; but its indiscriminate use can never be approved of. We have already, page 27, given our opinions at large on this subject, and have now to advert to the experience of Mr. Earle. Wounds and scratches of the lips become frequently obstinate and cancerous, and the knife is at last the only resource. Mr. Stanley, one of Mr. Earle's able colleagues at St. Bartholomew's, attended a weakly young gentleman, aged 19, who, from smoking segars, caused two very painful eating sores, covered with tough matter, exactly on that part of the lip where the segars had rested. The irritation of these sores caused the glands about the throat and jaw to swell much, and afterwards unsightly eruptions broke out all over the face.—There can be little doubt, Mr. Stanley informs us, that the tobacco acted in this case as a poison on the skin. The sores, under other circumstances, would have been deemed venereal; and they were treated similarly.

We would not from such cases infer that shaving, snuff-taking, or smoking tobacco, will always do such mischief. We know to the contrary; but since it appears from the experience of these skilful surgeons, that they often cause foul, cancerous, and painful ulcers, threatening life itself, we cannot too strongly warn our readers to beware. That others have not suffered, will be small consolation, when one is brought, by imprudence, under the knife of the surgeon, or the pangs of death from a cancer. In the case of cancer of the lip, however, we have to announce a great invention of the age, namely,

Making a New Lip.

As cancer of the lip is a very frequent disease, and, as cutting out the diseased parts is the only cure, it becomes of great moment to be able to form a new lip, capable of holding in the overflowing saliva, and enabling the unhappy patient to drink

without the liquor running out of his mouth. M. Richerand, of Paris, was the first who succeeded in forming a new lip. Our English surgeons would not believe it; but Dr. Bull, of the Cork Infirmary, has convinced the incredulous, by repeating (with the assistance of Dr. Woodroffe and Mr. Hobart,) Richerand's process, on an old woman, aged 60, who had had a cancer of the under lip for two years. The process was quite successful, but being surgical, the detail would not be understood by the general reader, though the fact is well worth knowing. Those whom it may concern, we refer to Dr. Copland's Medical Repository, or Dr. Johnson's Medico-Chirurgical Review, for 1823.

Desk Diseases, as Contracted in Counting Houses, Libraries, and Public Offices.—No. IV.

The only plan of arrangement, that we follow in this practical series of papers, is founded on utility. We wish to comprehend in them a great body of facts, derived from extensive observation and experience, and to deduce from these a complete collection of directions, which shall be simple and easily followed in practice by those who study them, and who have such a concern for their health and comfort, as to cause them to attend to our rules. Recollect, we can promise you no amendment—no cure, if you only attend to our precepts as it suits your convenience, or your indolent indifference. We must have prompt and implicit obedience, or we write in vain, and you read in vain. The subject we shall treat at present is,

Disorders of the Head.

Though we disclaim the impious notion of the body being a mere machine, there are many of its principles which can only be understood on the known principles of mechanical philosophy. The blood, for example, circulates through every part of the body, from the impulse given it by the heart, which, in this point of view, acts somewhat like a forcing pump; but it depends, as we have seen, page 167, on the position of the body, or its members, whether the blood, jutted thither by the heart, shall return as speedily as it came. If it do not return as speedily as it flows, it must soon accumulate in the part where the stagnation is, and of course give rise to disorder. To convince yourself of the truth of this, repeat our simple experiment: hold your hand down by your side, and the veins on the back of it will instantly swell with the blood, which finds difficulty in flowing up hill; raise the same hand above your head, and

the blood will gush down in a rapid stream, and leave the veins empty and flat.

Now, apply this fact to the usual position of the head at the desk. It is, indeed, impossible to continue writing, without stooping more or less; and, if you do stoop, the blood will stagnate and accumulate in the forehead, and in the fore-part of the brain, and cause many disorders, according to the weakness or strength of the places where it stagnates and presses. If the nerves of the eyes are weak, the blood will load and oppress them, and partial blindness or total loss of sight (called by surgeons, gutta serena and amaurosis,) will be the dreadful consequence. Or, if the eyelids are tender, it may produce obstinate inflammation of the eyes. Or if the interior of the eye is weak, it may cause a cataract. The treatment of all these will come before us in turn; but in the mean time we shall attend more particularly to

Headaches.

It is of great consequence in headaches arising from a stooping position, to have the cravat tied loosely, that there may be no pressure on the jugular veins. Care should also be taken not to accustom yourself to hold the head in an oblique position, to look much with the side of the eye, or to lie awry in bed, as the muscles, by these means, are made to compress the veins, and impede the stream of the blood on its return from the head. It would be some alleviation of the evil if these obstructions terminated in simple headache, but they may, according to circumstances, go on to occasion either apoplexy, palsy, or delirium; and though the cause have been temporary, the effect may not be so; for when the veins within the head have become distended by a quantity of stagnating or obstructed blood, they may not so readily return to their natural diameter by the removal of the cause. It will, therefore, be important in all such cases to diminish the quantity of blood in the body, if the general health will bear it, and if the system is weak or nervous, to put half a dozen leeches on each temple, or to take eight or ten ounces of blood by cupping over the temple. If this do not avail, a brisk purgative of salts and senna may be taken; but beware of mercury, and cephalic or herb snuff, or even the smell of volatile salts. The sponging, mentioned page 261, may be useful in drawing the blood from the interior of the head to the surface, where it can do little harm.

Added to the injurious position of stooping, is the exertion of mind almost always necessary in the business of the desk. This, as we have seen in the case of children at school, often

brings on water in the head, page 286; and in the clerk, the accountant, or the scholar, may often begin with headache, and end in palsy or mental derangement. Those who dislike our plain way of accounting for this, on the principle of increased circulation and accumulation of the blood, tell us that the nervous fluid is increased. As nobody, however, has ever seen this *nervous fluid*, and as the nerves themselves are solid, and could not, of course, circulate a fluid, this theory must be quite a fancy.

When the complaint resists bleeding, you must have recourse to blisters, or keep up for some time a seton, or a perpetual blister on the neck. Purgatives are sometimes of great advantage, in which case you may try

MR. WARDROP'S *Headache Pills.*

Take two grains of antimonial powder,
two grains of submuriate of mercury,
four grains of extract of rhubarb:

Make two pills, and take one on going to bed. Take another on the third night. If it does not operate by ten next morning, take salts and senna.

Those who are subject to headaches of this kind, should rise early and go soon to bed, as nothing is more injurious than late hours, particularly when the mind is actively engaged. Long fasting is also extremely hurtful, and a slight repast between meals, provided it can be taken with relish, will frequently accomplish a cure, in recent cases, without further medicine. But it is unfortunate that those who engage deeply in the business of the desk, have usually their meals very irregularly, or at long intervals.—We give the following case, in illustration, from a useful little work, entitled "Popular Directions for the Prevention and Cure of Headaches," from which we have freely borrowed.

Case of a Merchant.

"Mr. ——, a merchant in the city, aged 35, of spare habit, was accustomed to breakfast at eight, attend to his business till four, and to dine at five, and frequently, in pressing cases, to sit up at his ledger till a late hour. From this course, he became afflicted with constantly recurring headaches. He was advised to keep his bowels regular with tincture of rhubarb, or the compound rhubarb pill, and to take a hot lunch, with a glass or two of wine, between twelve and two o'clock, according to his convenience. By steadily following this advice, and employing an additional clerk, to save him the trouble of being late at his books, he got rid, in a few weeks, of the headaches

which had annoyed him for more than a year, and which had baffled all the medicines he had repeatedly taken for the complaint."

For those who do not like rhubarb as a laxative in such cases, we should recommend our dinner pills, page 84.

Case of a Law Student.

"F.——, Esq. of the Inner Temple, who, from applying too closely to his profession, and from dining irregularly, was afflicted with almost constant headache, and dull pain in the balls of the eyes. He had been cupped and blistered without effect; and had taken country exercise, with evident increase of his symptoms. Regular diet and regular sleep were recommended, with rhubarb, to keep the bowels open, and in five weeks he was completely cured."

In all such cases we would, also, most strongly recommend the treatment laid down in page 127. The cold water is by far the most powerful means of removing the superabundance of blood in the head; and though it is rather a disagreeable, and, to some, a painful remedy, it is only the affair of a minute, and if persevered in for several weeks, it will have the best effect. Some, who have been troubled for years, with what we may strictly call Desk Headaches, find the cold water so excellent, for keeping them at bay, that they continue it regularly all the year round.

Our next paper will be a continuation of Diseases of the Head.

Art of Gymnastic Training Improved, and applied to Strengthen the Weak and Nervous.—No. V.

As an indispensable supplement to the rules and directions laid down in our last for exercise and sleep, we must now advert to the qualities of the air, and the kind of dress most proper for promoting strength; for without attention to these, what we have already said might be altogether frustrated, and go for nothing. Besides, we wish to be the more particular, as a great number of our readers and correspondents are now following our previous directions, for the benefit of their health and for the cure of Bilious, Nervous, or other diseases.

The best Air for Strengthening.

It may be possible to live for some days without food; but it is impossible to live many minutes without air. Since air, therefore, is so necessary for living at all, good air must be highly requisite for those who wish to improve their strength. We shall see, in a future page, how the air acts in purifying the blood, carrying off its refuse, and brightening its colour from

a blackish purple to a bright crimson. This purification is performed in the lungs, every breath which we draw, and a purified stream of blood is, at the same time, sent to every part of the body, to supply nourishment, and repair its waste wear and tear. Now it must be plain, if the air breathed is already loaded with smoke, and foul exhalations from the dirty alleys and lanes of a city, that it cannot render the blood so bright a crimson as if it were free from all impurity. Our philosophy, therefore, teaches us what is also well known, from experience, that the impure air of cities is unfavourable to health and strength.

It is a very great mistake, however, that the country air is always superior to the air of the town. Purer, it may be, from smoke and other exhalations; but it may be at the same time loaded with moisture, which will equally prevent it from brightening the colour of the blood. Observe how much moisture your breath carries out of the body, by breathing on a cold glass, and you will at once see that if the air is already loaded with moisture, it will not have room to carry off from your lungs the usual quantity, and this of course must remain in the blood, and render it thinner, blacker, and less fit for supplying strength.

Very cold air again will so contract the blood-vessels in the lungs, that less blood will be exposed to the purifying process, which will accordingly be imperfect, and weakness will increase in spite of good food and proper exercise. One strong proof of this is the diminutive dwarfish stature of the Laplanders. They can certainly bear more cold; but it conveys rather a false idea to talk of the *hardy* inhabitants of the extreme North.

Very warm air is weakening, for the very opposite reason. The relaxed vessels of the lungs expose enough of blood to be purified; but the worst of it is, that too much of the thin parts of the blood is carried off by the breath, and what remains is consequently too thick and phlegmy, to flow in a rapid and smooth current through the body.

Trainers, therefore, should as far as it is possible, select such air as is neither too cold nor too hot; too damp, nor too dry (though except in the Great Desert, we know few places, where air is dry to a fault;) and such as is not too confined and impure. It is, we confess, extremely difficult—often impossible to find air with these conditions; but where any of the offensive circumstances, just mentioned, greatly superabound, an artificial atmosphere must be contrived within doors: such as in wet weather, a large open, well ventilated room, with a good fire in it, for the stated tasks of exercise to be performed in. If the air is very cold, as during a hard frost, more exercise

ought to be taken to stimulate and relax the contracted vessels in the lungs; and when it is very warm, as in summer, the exercise ought to be proportionally less.

When the training is rigid, all low situated places, and the neighbourhood of marshes, lakes, canals, and slow running rivers, should be avoided, and a high airy place chosen. It is of the greatest importance that this rule should be followed at night, and that the bed-chamber be spacious and well ventilated. Sleeping in good air will contribute more to strength than even living in good air by day. The practice of Jackson, however, is not to mind the weather, but exercise both on wet and dry days, taking care to change the wet clothes on coming home.

Rules for Dress in Training.

In the former parts of this subject, we have shewn the necessity of reducing all appearance of corpulence by perspiration. Now, this end cannot be attained without strict attention to dress. In order to increase perspiration, says Jackson, an extra quantity of clothes is necessary, particularly during the morning race. The race is always performed in a flannel dress, but the walk may be taken in the usual clothes. The young are recommended, by the same great training authority, to wear calico next the skin; but by older men, flannel is preferred. Those who are trained for running, are put between feather beds and loaded with clothes, to increase perspiration; but this is not done in other cases.

With respect to the bed-clothes, we have formerly said that they should be light, that the person may not be heated while asleep, as this is extremely weakening. It is also important that there be no curtains to the bed, or at least that they be kept closely tied up during the night. Nothing is more prejudicial to strengthening and healthful sleep than close curtains.

Our next paper on Training, will treat of "Bathing and Friction."

Shop Diseases of Tradesmen.—No. III.

The position of the body, we have more than once observed, whether it is kept long erect, or in a sitting posture, is extremely unfavourable to the return of blood from the lower parts of the system. We have already, in our last paper on Shop Diseases, seen how this gives rise, or at least aggravates sores and ulcers. Its operation on the bowels is equally pernicious. The blood is the stimulus which prompts the motion of every part of the body, and wherever it stagnates, or is obstructed, the motion

of the parts will be diminished, and rendered sluggish. Consequently, when it stagnates in the bowels, the motion of the intestines will be rendered more slow, and the refuse of the food remaining in them will be passed on more slowly, while the absorbent vessels will lay hold of the more liquid parts, leaving a hard impacted mass, and, in a word, constituting

Costiveness.

This is no less common a complaint, than it is obstinate and unmanageable: but we must do our best to explain it, and prescribe for it. In those closely confined to the counter, or the ledger, it appears, from what we have just said, to arise from the stagnation of blood in the lower parts of the body and bowels. Whatever, therefore, will tend to quicken the stream of the blood in its return to the heart, will, in such cases, relax the obstructed intestines, and promote their motion. Above all things then, walking should seem to be useful for this purpose; riding on horseback is also good. As to diet, brown bread, eggs, very soft boiled, or beat up raw, and all sorts of vegetable food, particularly potatoes, carrots, and parsnips, and also apples and other fruits, with plenty of sugar, are good; but hard-boiled eggs, roast or salt beef, ham, tongue, fish, &c., ought to be eaten sparingly; and no drink stronger than table beer should be taken, and chocolate or cocoa, rather than tea, coffee, or breakfast powder. Butter also, and fat meat, provided always that the stomach can digest them, are, according to the great authority of Cullen, useful.

Those medicines are most powerful which act either as a stimulus to the liver or the bowels. In the first case, the process is, that the liver being spurred on by the medicine, gives out more bile, and that bile excites the bowels to healthy action. The proper medicines in this case, are the Alterative Bilious Pills, page 191, or the blue pill, one every second or third night, with half a pint of decoction of sarsaparilla every day. In the second case, the bowels may be stimulated directly by aloes, or rhubarb, or croton oil. For example, the medicine sold by those who pretend to a secret, at the high price of 13½d. per box, with a stamp, though you may get the same at any chemist's for two-pence or three-pence, viz.—

DR. ANDERSON'S *Scots Pills.*

Take two drachms of socotrine aloes,
two drachms of gamboge,
thirty drops of oil of anise,
a sufficient quantity of simple syrup:

Mix, and make into five dozen pills; one or two to be taken at bed time, and if not strong enough, the first prescription, page 86, in the morning.

Dr. James's *Analeptic Pills.*

Take sixteen grains of socotrine aloes,
eight grains of myrrh,
four grains of saffron,
fifteen grains of antimonial powder,
fifteen grains of gum guaiac,
a sufficient quantity of spirit of wormwood:

Mix, and make into 32 pills, one or two for a dose.

Croton Pill for obstinate Costiveness.

Take fifteen grains of castile soap;
two drops of croton oil.

Make into three pills, one to be taken every two hours till effectual. This should never be used till all other means have failed, as it is a very strong and irritating medicine.

Mr. Locke, who was a surgeon as well as a philosopher, most judiciously advises those of a costive habit to go regularly to the water-closet every day, an hour after breakfast, and make an effort, whether they succeed or not. We should advise the same to be done both morning and evening for at least a month; we have known it succeed when all other means had failed. Some self-sufficient theorists of this age choose to argue that this is useless; but experience is always better than theory, even though the Associated Apothecaries do swagger consequentially, and pronounce *ex cathedrâ*, in opposition to the whole world, that "theory is only another word for truth*."

We know nothing better, in a costive habit, than eating two, three, or half a dozen good figs between meals. This is an excellent thing for those who are much confined, and who have a long interval between breakfast and dinner. Some hot veal soup, to lunch or to supper, is also good. When exercise cannot be had, the flesh-brush should be used morning and evening; and friction over the belly and stomach with warm flannel or calico.

New Medicine for Female Complaints.

It would be improper in a popular work, like ours, to enter upon Female Diseases with minuteness; but we think it our duty to take proper notice (in terms intelligible to those whom it may concern,) of all important discoveries on the subject,

* Transactions of the Associated Apothecaries, *Intro.* 1823.

For female suppressions and irregularities, though so common, and hitherto so baffling to the highest medical skill, Dr. Lavagna, of Milan, has at length found a powerful remedy, which we take the liberty to call

Dr. LAVAGNA'S *Female Lavement.*

Take ten or twelve drops of volatile alkali;
two table spoonfuls of warm milk.

Mix, and inject three or four times a day, till successful, or for a week, with Reed's syringe, or the usual midwife's apparatus. The feeling is at first rather unpleasant, but this soon goes off.

Dr. Lavagna gives the history of fourteen cases, in which this was successful in promoting a speedy relief of these affections; and though we have no experience of it, we have much faith in the proposer, and think it at least a safe remedy, which cannot be said of the cold bath, savin, hellebore, cantharides, &c., which are but too often employed, in such cases, by the rash and ignorant. In the case of girls, from fifteen and upwards, and of old maids, above thirty, who are thus affected with irregularities that often terminate in consumption and scrofula, this simple remedy, properly persevered in, will be invaluable. We strongly recommend with it the warm bath; but the cold bath never, though this is often prescribed by the unskilful, to the great danger of the patient.

PHILOSOPHY OF THE HAIR: ITS GROWTH, COLOUR, AND DECAY, WITH THE MEANS OF IMPROVING ITS BEAUTY,—REMEDIES FOR BALDNESS, &c.—No. 1.

We have looked into several hundred books for information respecting the hair; but we have been greatly disappointed. The trustworthy philosophers candidly confess their ignorance; while the theorists, empirics, and perfumers, speak in mystery and contradiction: they promise you much, but their promises turn out to be as empty as the dishes at the Barmecede's feast, in the Arabian Tales. We shall, therefore, promise nothing, lest we disappoint; but we shall spare no expense nor pains to collect and condense all that is known or kept secret on the subject, which is sufficiently extensive for a series of papers.

To understand the hair properly, you must first have a knowledge of the skin from which it grows. The skin then, is composed of three different coats or layers: a thin one, like India paper, being outermost; next, a kind of glutinous, slimy pulp, or paint, in form of a membrane, which determines the colour; and within these two, a thick, strong, leathery coat,

usually called the true skin. In a word, the human skin has a similar number of layers or coats to the bark of a tree. It is to be recollected, also, that the outer layer (see pages 108 and 206,) like the nails, has no feeling,—a useful quality, which serves to protect the great sensibility of the inner skin, where the nerves terminate in millions.

Now, pull out a hair from any part of your skin, and look at its root with a magnifying glass, when you will find it of an oval form, and composed of a softish, glutinous, or pulpy matter, contained in a semi-transparent bag, open at the lower end to receive nerves and blood vessels, and at the upper to receive the hair. This root is fixed in the substance of the inner skin, by which it is nourished with blood and other fluids. The roots of the hair are planted here in great profusion over the whole body, and what is very remarkable and little known, is, that in every individual, many more roots exist than hairs growing from them, a fact further corroborated by hairs often appearing on the nose and ears in men, and on the arms in women, where they were before wanting*. *We, therefore, deem it a vulgar error that the roots of the hair are destroyed, or perish, in cases of baldness,* though they cease to grow above the skin. It is probable and possible, indeed, for the roots of the hair, as well as the skin in which they are planted, to be destroyed by accident, or by ulceration, and other disorders; but this, we maintain, does not occur from fevers, or in either the young or the old, who become bald. In all such cases, the roots of the hair can, by dissection after death, be found equally numerous as in those who are not bald, and the cause of the baldness must be sought for elsewhere, as we shall afterwards see, when we come to the remedies.

Another important fact, discovered, we believe, by Mr. Chevalier, is that the hairs do not rise perpendicularly from their roots, but pass very obliquely, and at an acute angle through the two outer coats of the skin, serving to bind these down to the inner coat, as if nature had used the hairs for sewing thread. This fact explains the direction and flat position of the hairs on the eye-brows, &c., and shows the reason why the hairs stick so fast, and are pulled out with such difficulty. But what we consider of the greatest consequence, is, that it explains how the roots of the hair may exist healthy, vigorous, and perfect, and the outer coats of the skin may be

* See Mr. Chevalier's Lectures, delivered before the Royal College of Surgeons, London, 1823, 8vo., Longman and Co.; and Dr. Good's Study of Medicine, vol. IV., page 663.

so hard, dry, or thickened, as to prevent them from penetrating it as they may have formerly done.

Each hair is formed of ten or twelve smaller hairs, which unite at the root, and form a hollow tube somewhat like a very fine stalk of grass, and also like some kinds of grass, jointed at intervals. The joints seem to overlap one another, as if one small tube were inserted into another, and so on to the end of the hair. This structure, though invisible to the naked eye, may be made manifest to the touch. Take a hair several inches long, and work it between your thumb and finger, and you will find that it will always work towards the top end, and never (turn it as you will) towards the root end,—proving that the rough overlappings are all directed to the top. It is this property that the hat-maker takes advantage of in making his felt, and the dyer in fixing his colours, and we shall by and bye see its advantage in devices for beautifying the hair.

Like the outer skin and the nails, the hollow tube of the hair is semi-transparent, and takes the colour of the matter which rises in this tube from the root. It follows, indeed, pretty uniformly the colour of the skin, being very dark in the negro, and always white in the albino, while it takes all intermediate shades in Europeans—flaxen, auburn, carrotty, &c. The hair corresponds also with the colour of the eyes; light hair seldom or never accompanying dark eyes. From these facts we shall find it easy to explain the causes of gray hair, and the best methods of darkening it.

When you cut the nails, they go on to grow again; and in the same way the hair, not by extending from the root end, but by additions to the top end. It grows best when it is cut; and not only so, but the shorter it is cut, the more rapidly it will grow, as is seen in the rapid growth of the beard. We know that this fact has by our fair readers been, in numerous cases, demonstrated with regard to the eye-lashes, since we published (for the first time in print) the Circassian mode of beautifying the eyes—pages 33 and 175.—We must reserve our Practical Directions for a future page.

Receipt for Sweet Breath.

We are sorry that we have been disappointed in obtaining the article so long promised on this subject, owing to the absence of one of our members of committee, to whom it was entrusted. It shall be forthcoming, however; but not altogether

to disappoint our numerous correspondents, who are solicitous for its appearance, we shall give a receipt for preparing a

Fragrant Quid.

Take equal quantities of gum tragacanth and cashoo to form a ball like a filbert,
scent it with eau de Coulogne,—oil of bergamot,—ambergrease, &c.

Keep a quid, made in this manner, always in the mouth when you want your breath sweet. Or, you may chew, occasionally, a bit of the root of the Florentine Iris, or gum mastich; or wash the mouth frequently with the tincture of myrrh and bark, as at page 111.—More details in an early page.

New Remedy for Agues, and Intermittent and Typhus Fevers. By Dr. Elliotson, F.R.C.Ph., Physician to St. Thomas's Hospital, London, &c.

Dr. Elliotson shrewdly and wittily remarks, that medical men are often, with respect to new remedies, like Jourdain, in Moliere's comedy, who had been speaking prose all his life without knowing it—"Par ma foi, il y a plus de quarante ans que je dis la prose, sans que j'en susse rien; et je vous suis le plus obligé du monde, de m'avoir appris cela." In the present case, however, we must say, that the former medical prose of *throwing in* Peruvian bark was a very coarse, rude, unpolished, and often unsuccessful mode of using it, compared with the highly refined and scientific preparation, the sulphate of quinine. We wish that this powerful medicine were only a little more *come-at-able* by the poorer classes, who can seldom afford to pay three or four guineas an ounce for medicine, (and sulphate of quinine cannot be *made* cheaper,) though a few grains of it (and there are 480 grains in an ounce) might often produce a cure. The very poor also, can have it gratis at their Dispensaries, or at the Public Hospitals.

But let us hear what Dr. Elliotson says of its efficacy. "I employed it," he informs us, "with eminent advantage. The medicine was given in the form of pills—five grains every six hours."—In the several cases in which he tried it, of ague and tertian intermittent, the medicine acted like a charm, and the fits returned not after the first or second day. This is confirmed also by the experience of the physicians in Paris, who first tried it. Dr. Roots, of St. Pancras Infirmary, cured with it a very bad case of intermittent, that had resisted every other medicine. After the first dose the patient had no return of the

fit. A poor Irishwoman, who was in the very last stage of debility from typhus fever, regained her strength rapidly under Dr. Elliotson's prescription.—We shall here give the most approved receipt for the

New Ague and Fever Pills.

Take fifteen grains of sulphate of quinine,
the same quantity of extract of chamomile flowers:
Beat into a mass with simple syrup, and make into six pills, one every three hours, for at least two days; or two every six hours, for a week or a fortnight.—Or, you may try the

Syrup of Quinine.

Take sixteen grains of sulphate of quinine,
half a pint of simple syrup:
Mix, and take three large spoonfuls every five hours.—M Magendie has seen six spoonfuls of this stop the progress of agues and intermittents.

It is of great importance to have a medicine of so much power, and of so high a price genuine. "It should," Dr. Elliotson informs us, "be intensely bitter, as white as snow, extremely light, and resembling in appearance the benzoic acid."—It may be procured, of the best quality, at the houses mentioned above, page 199.

Method of enjoying Savoury Soups without Injury. By Sir Astley Cooper, Bart.

Through the liberal extracts of the public prints, from our article on "Starvation from Nourishing Soups," page 18, all the world now knows that no soup can afford nourishment, insomuch as a healthy dog can actually be brought to death in a short time, by feeding it on the strongest beef tea. For those also, who are admirers of mulligatawny and turtle soup, we have (page 182) devised two excellent digestives, the sole invention of which we claim; and we are prepared to show that they are not only powerful, but chemically scientific.

It was reserved for our good friend, Sir Astley Cooper, to devise another expedient, still more effectual; and though it is not perhaps so agreeable as ours, it is a very wonderful improvement on the clumsy practice adopted by Julius Cæsar, Lucullus, and other ancient amateurs of good living, who, after supper (for, like our modern fashionables, they never dined) drank luke-warm salt and water till they forced their stomachs to eject the whole. This, by some, was done every

day; which is much disapproved of by Celsus, the great Roman physician.

Sir Astley Cooper's invention is more safe and simple, being a mere application of Reed's syringe, or Jukes's stomach pump, to evacuate the turtle, mulligatawny, or other high seasoned and unwholesome soup, immediately after it has been taken, and leaving the stomach empty and ready for more solid niceties, or for a second helping from the smoking and savoury tureen. Nay, we think it quite possible, by this means, for a single alderman to eat the soup made from a whole turtle of fifty pounds weight, that is, by repeated pumping. The only objection is the disagreeable circumstance of passing the tube of the pump (as the Indian Jugglers do their sword,) over the throat into the stomach. But that will, perhaps, wear off by use. At all events, as prevention is better than cure, it will be better to submit to this, than to run the hazard of a fit of apoplexy.

Like most great discoveries, this was made as if by accident; the advantage of the instrument, in this point of view, having struck Sir Astley during some experiments made on a dog, at the Anatomical Theatre of St. Thomas's Hospital.

Bold Practitioners, or the Humbug of doing *SOMETHING.*

Thousands, and thousands more of the King's liege subjects are annually killed in this blessed country by rash, vapouring physicians and apothecaries, who, upon being consulted, at once make a show of activity, by doing what they mysteriously call *something*. This *something* may, in ninety-nine cases out of a hundred, be interpreted by *bleeding*, *blistering*, and *purging*, which are the grand instruments of shewing off medical activity—too often, it is to be lamented, at the expense of the patient's strength, or even of his life. Moreover, as patients, or their friends, usually fear or are averse to bleeding and blistering, the proposal of these serves to invest the Doctor with a character of awful mystery and sublime superiority of intellect,—terror being, according to Burke and Blair, one great source of the sublime. He is looked upon as the great dispenser of health and life; when it is much more probable that he is aggravating disease, and hastening death. A severe disease may, indeed, require a strong remedy; but the practitioners we allude to, make no distinction. Be the disease ever so mild, and the symptoms ever so favourable, they must give their patient full value for their fee, by doing *something*.

Beware—we repeat it—beware of all those who have the character of bold or active practitioners, as their boldness and activity may cost you your life, or what is little better, may destroy your constitution and your health beyond repair. We have known, in this way, hundreds of patients blooded, blistered, and purged, till they actually died—not of the disease, but of the doctoring—or, if they had a temporary recovery, were thrown into consumptions, or distressing nervous complaints. Nature seldom, if ever, requires such violent remedies, which ought rather to be reserved as a desperate experiment, than be the routine of every day practice.

We do not however, conclude, that a practitioner is to do nothing—this extreme is equally to be deprecated as the other, and we shall accordingly devote a future article to *safe* practitioners, or the humbug of doing nothing.

Ear Doctors.

We know little of Dr. Smith, of Golden-square, except that he finds he cannot get enough to do without advertising his dear self; and aware, or surmising, that there may be something wrong in this—something that smells of the Balm of Gilead, or Widow Welch's Pills,—he makes a lame apology for putting his Diploma of Doctorship into public view, in the Times and Courier. We are led to infer, also, that he has studied the ears of all animals, from those of the oyster, which is said to hear the sound of the sea waves a hundred miles off; and those of the goose, which has ever had a great reputation for hearing, since it heard the hostile Gauls advancing upon Rome—to that of the deaf serpent that turneth away from instruction. We should advise Dr. Smith to pay his guineas to Mr. Abernethy, or Sir Astley, rather than to the newspapers. He would find it pay infinitely better; and he would gain much in respectability.

Mr. Stevenson, another Ear-doctor, has two strings to his bow, as he takes charge of the eyes, also, when he can find patients. He would gladly make it appear that half the nobility have become deaf and blind, for no other reason than that they might enjoy the exquisite pleasure of his treatment, which is, it seems, as delightful as the tickling of Dr. Kitchener's teeth is to an oyster. Could Mr. S—— tell us how long the Duke of Wellington remained deaf, and how long the Duke of York remained blind, to partake of this exquisite gratification? Perhaps, the Members of the Medico-Chirurgical Society, had a private copy of the document; for they are strongly jealous (as he knows) of Mr. S——'s reputation in high quarters.

The Prince of this department of practice, however, is John Harrison Curtis, Esq., of Soho-square, Aurist to his Majesty, and to their Royal Highnesses the Duke and Duchess of Gloucester. This highly accomplished gentleman and scientific surgeon is, we understand, nephew to the late celebrated botanist of the same name; and it is only saying the truth, to affirm, that he stands higher in the treatment of the ears, than his learned relative did in the knowledge of botany. He proceeds rigidly on the high principles of surgery, laid down by Abernethy, and his very extensive experience as Surgeon to the Royal Dispensary, for Diseases of the Ear, and as a public Lecturer and Author on the same subject, renders him at this moment the greatest Aurist in the world—perhaps the greatest who has ever appeared. He stands as high, in a word, in his own department, as Sir Astley Cooper does in his. His house is the daily resort of the most distinguished nobility; and we doubt not that he could, in a few weeks or months, restore the hearing of two-thirds of those unfortunates who are now confined in Deaf and Dumb Asylums, would the interest of the masters allow it.

Wright, we do not know; but shall make early inquiry into his practice.

The Hermit of the Edgeware-road, is a miserable quack, who has destroyed more ears than Jordan's Rakasiri has destroyed lives.—We shall prepare an early paper on the Diseases of the Ear.

Embrocations for Rheumatism.

Rheumatism being a constitutional disease cannot, in severe cases, be completely cured by any external application; but the excruciating pain may often in this way be alleviated or removed, and this is of great consequence to the suffering patient. We have more than once mentioned applications of this kind, as at page 126. A preparation has lately come in our way, called Labrow's Embrocation (the receipt of which we have not yet procured,) that seems to be an excellent remedy of this kind, and which we can, from experience, confidently recommend for bathing the parts in pain. We should not have either mentioned this nor recommended it, being in determined hostility to secret medicines, were it not that it is sold as cheap as you could buy it of a druggist (a half cheaper than you could get it in many a shop,) even were we to write you the prescription for it; the regular profit only being charged. Would that our makers of Seidlitz powders, &c., were to follow this example!

Dr. Copland's Case of a Sugar-Eater.

Although we have formerly alluded to the fattening effects of sugar, (page 74.) we think it of consequence to keep the subject before our readers. Dr. Copland, well known as an indefatigable scholar, and a persevering inquirer and experimenter, informs us that a patient of his—a lady, was in the daily practice of eating large quantities of refined sugar, till she became alarmingly corpulent. She was advised to give up her favourite gratification, by little and little; but she was more inclined to have her own way, or rather she expected some medical charm to keep down the corpulence, and allow her to continue the sugar. But the Doctor knew nothing such, and she left him, to fall probably into less skilful hands.

To make Daffy's Elixir.

We heartily wish that all quack medicines were as useful and innocent as this; but still it is an imposition, as it is sold at a very high rack price, and may be procured at any chemist's, of superior quality, for one half of the expense, under the name of "Compound Tincture of Senna." There are two varieties of the quack article, both of which are made with treacle instead of the sugar used by the chemists for the Senna Tincture.

Swinton's *Daffy's Elixir.*

Take three pounds of jalap root;
twelve ounces of senna leaves;
four ounces each of coriander seed, anise seed, liquorice root, and elecampane root;
one gallon each of wine and water.

Let it stand three weeks, strain and add a gallon of treacle.

There are several other receipts used besides this one; but the important ingredients are the same.

Dicey's *Daffy's Elixir.*

Take four ounces of senna leaves;
two ounces each of rasped guaiac wood, dried elecampane root, coriander seeds, anise seeds, carraway seeds, and liquorice root;
eight ounces of stoned raisins;
six pints of proof spirit.

Digest, for a week, strain through paper, and add half a pound of treacle.

These medicines are warm laxatives, useful in gouts, and rheumatic constitutions, and in cholic, flatulence, and gripes of children.

Chemistry of Boiling.

By referring to the explanations already given above, of frying and stewing, the effects produced by the boiling process will not be difficult to understand. The flesh or fish, which is thus dressed, is rendered more tender, and in general paler than by any other mode of preparation. In the same way as in stewing, the chemical elements of the meat, such as the fat, osmazome, and gelatine, are dissolved, separated, and mixed with the water, forming a soup or broth. It has been seen, that in frying, the boiling fat or oil penetrates the interstices of the fibres, and supplants the animal juices; and in the same way, in boiling, the hot water supplants the albumen, and the other juices which have been dislodged and mixed with the broth. The reason why boiled meat is so pale, will hence be obvious, for the blood and other coloured matters have been soaked out of the fibres and their interstices, and washed into the general mass of fluid, by the ingress and egress, first of the water and then of the broth.

The bundled fibres being thus deprived of the gelatinous glue, which cemented them, become loose, and the texture of the whole appears less tough and firm. M. Meckel, and some other writers of high authority, suppose that the fibres are a mere congeries of hair-like blood-vessels; and Sir Everard Home imagines that they are strings of globules, derived from the blood, and arranged similarly to the texture of a bead purse, or a French necklace. However this may be, we are certain that if the boiling be too long continued, the fibres instead of becoming pulpy will become dry and juiceless, as in the case of the piece of beef from which beef-tea has been made. Papin's digester, indeed, will reduce any animal substance, even the toughest tendon or the hardest bone, into a nutritive pulp or jelly; but this can scarcely be called boiling, as the heat, from the forcible confinement of the steam, is raised far above the boiling point—212°.

Boiling dissolves more of the nutritive juices of meat than any other process of cooking, and when the broth is not used, it, of course, occasions a considerable waste. When the gravy or broth, however, is brought to the table, boiling is by far the most economical mode of dressing; for the water, independent of the nourishment afforded by itself, serves to dissolve and comminute the nutritive parts of the meat, and render them, if not more digestible, at least more diffused. Soup is likewise an apology for eating an additional quantity of bread, and the

stomach is half satisfied before the more solid materials of the second course make their appearance.—We shall soon give the true philosophy of soup, in so far as it can be considered nutritive.

The sort of meat best fitted for boiling is nearly the same as that mentioned under stewing, such as the more tough and tendinous parts, and what contains most gelatine and albumen; for example, the heads, the feet, and the joints of young animals; and all salted meat, the fibres of which have been hardened by the salt.

The effect of boiling upon vegetables is to dissolve in the water some of their chemical elements, such as their colouring matter, their mucilage, and their sugar, and also to render some of their less soluble parts more soft and pulpy, such as their gluten and their woody fibre. The boiling of vegetable substances, also frequently forms or developes a quantity of sugar, which adds to the nutritive qualities of the food.

Very striking and unexpected effects are sometimes produced from the boiling of vegetables, as in the case of several plants, which are very acrid, and even poisonous in a raw state, becoming bland, sweet, and wholesome, by simply boiling them in water. Take the well known example of onions, leeks, and garlic, the strong odour and acrimony of which are thus destroyed or rather evaporated. The potatoe is another familiar example, being in its raw state nauseous and unpalatable, perhaps even in a slight degree poisonous, as it is one of the night-shades *(solanum tuberosum,)*—but when dressed it is rendered farinaceous, digestible, and wholesome. Yet, wonderful as the chemical change is, very little is lost, and nothing is added to the potatoe, when boiled, except perhaps a little water. In Lapland they make excellent bread from the acrid roots of calla palustris. (Linnæus, *Lach. Lapp. June* 13.) A more striking instance still is the cassava *(jatropha manihot)* of America, which is strongly poisonous before it is boiled, and afterwards is highly nutritious. The prepared cassava is well known in this country under the name of tapioca, and forms the basis of an excellent and nutritive farinaceous pudding.

It is both interesting in point of economy, and curious as a chemical inquiry, to ascertain the loss of weight sustained by meat in boiling. Professor Wallace, of Edinburgh, found that beef loses about one-fourth, and mutton one-fifth of weight by boiling. In pieces of beef 10lbs. weight, the average per centage of loss was 26. 4lbs., and in legs of mutton, 21. 4lbs. Those who retail salted rounds of beef find, that when they have it as rarely done as possible, in order to pre-

vent waste, 25lbs. will only produce 19lbs. From the experiments of Messrs. Donkin and Gamble, it appears that, on an average, 372lbs. of prime mess salted beef, including bones, affords, without the bones, when boiled, 186lbs. 2 oz.; that is, leaving the bones out of the calculation, it loses about 44. 2lbs. per cent., which amounts very nearly to the half. The cause of this loss has been already fully explained, from the blood and other coloured juices being dissolved and washed out of the meat during the boiling.

Our readers may be reminded, that boiling absolutely spoils Coffee, Breakfast Powder, Turkey, and all sorts of game.

On Mustard and Garlic. By an Amateur Gourmand, Member of the Beef-steak Club, and of several Foreign pic-nics.

It seems to be agreed among all those who are proficients in the science of good living, that mustard deserves to hold the first place of all the stimulants used at table to savour meats, to excite appetite, and to hide the numerous faults of cooks. Were we to trust the opinion of physicians on this subject, we should find that they have shown more favour to mustard than to most other good things, pronouncing it to act powerfully on the organs of digestion, to augment the force and elasticity of the fibres, to attract the digestive juices out of the stomach, to separate the nutritive from the inert, and to accelerate the peristaltic motion of the bowels far more pleasantly than Dr. Kitchener's "Peristaltic Persuaders." It has, moreover, a very salutary effect on the brain, expanding the mind, brightening the memory, and exalting the imagination and fancy. It seems to be to its copious use that the remarkable strength and poignancy of the speeches, at all public dinners, are chiefly to be attributed; and we venture to assert, that the conceptions of a poet, who had just swallowed a pound of beef, with a proportionate quantity of *moutarde de maille*, would be far more vigorous for a sublime effort, than if he had counted the trees in St. James's Park for a dinner.

The presence of mustard, indeed, is indispensable from the commencement of dinner until the appearance of the dessert. Yet it is strange, when its importance is so undoubtedly great, that the preparation of it is so often committed to ignorant and vulgar hands; and that of all the extrinsic aids on which the perfection of a good dinner depends, there is none to which so little attention is paid. Instead of attending to

the important science of the table, our chemists lose themselves in vain speculations on gases, acids, alkalies, and carbon, and are infinitely more intent on making money than mustard.

The caution which we would give relative to this topic, is, never to intrust the composition of your mustard to any hand but your own, unless you should be fortunate enough to possess a maitre d'hotel, or a butler, in whom you can place the most implicit confidence. The French uniformly mix the powder—not with vapid water as we do—but with sparkling Champaign, which gives it a rich piquancy and flavour, that no other liquid could impart. You may add to this a small quantity of essence of anchovy, and a still smaller quantity of essence of garlic, which adds a higher flavour to the whole, that is much relished by many gourmands—for example, *Mi*-Lord Blaney—though mere beginners and novices in the science, find it too high a refinement for their inexperienced palates.

Like mustard itself, indeed, garlic raises the spirits and awakes the appetite, by its invariable association in idea with a good dinner. It braces the nerves, and overpowers all unpleasant scents more effectually than any of the essences in use. In a word, it is much to be preferred to the mawkish effluvia of otto of roses, being the savoury incense which, in days of yore, the heroes in Homer seasoned their offerings of broiled beefsteaks for the deities of Olympus. Its combination and harmony with our exquisite Osmazome, or Essence of Flavour, (page 17.) is one of the most scientific and recondite processes of our improved cookery; for the discovery of the affinities of which the eating public are indebted to the chemical experiments of Mr. Wallace, one of the Editors of this work.

Clerical and Chamber-Puffing of the London Quacks.

Wall-chalking, and other public methods of gaining inglorious notoriety, is nothing so effectual for filling the pockets of a quack as his powerful instruments of clerical and chamber-puffing. We have already seen how Gardiner, the worm quack, of Queen-street, (who can manufacture tape worms by wholesale, from the intestines of cats and chickens,) has the effrontery to boast that he has not fewer than "1500 clergymen"—O shame!—employed to puff off his ignorant pretensions;—And how Mrs. Johnson, (who sells for four and

six-pence, two penny-worth of syrup of poppies, disguised a little in colour and smell, and more by the name of "American Soothing Syrup,") gives away grass-fed haunches of mutton to the same clerical tools, for the same money-making purpose: My Lady Mutton knows well what she is doing. Dr. Eady has the Huntingdonians of Providence Chapel under his thumb; and Jordan,—Friedeberg, of Paternoster-row,—and Sir Charlatan Daniels, have all the Rabbis of the Synagogues at their nod. Whitlaw, the pease-brose and cabbage quack, was also clerically puffed to great extent, till we shamed some of the Reverend mountebank-abettors out of their assiduities. Lynch, the West Indian mulatto, who charges five guineas for his parcels of cayenne pepper, was intending, we are informed, to have employed Dr. Collyer in the same mission, when the disgusting story of the Rev. Doctor's bath-spy-glass, and the indecent surgical examinations coming out, put an end to Lynch's intended puff-bribe.—From these facts, and a thousand others, within our knowledge, we would draw this practical precept:—

Never listen to any clergyman, be he churchman or dissenter, when he insinuates himself into your privacy, to recommend such money-making—health-destroying vagabonds, as Gardiner, Lynch, Cameron, Eady, Jordan, Friedeberg, Daniels, Whitlaw, Mrs. Johnson, and others of the same kidney;—for you may be sure there is some understood equivalent behind the scenes, in the shape of a grass-fed haunch, or a dozen of champaign, the price of which the quack will soon find means to fish out of your pockets. We are preparing a list of the Reverends who now do, or formerly have employed themselves in this shocking imitation of the devil's practice—going about, from house to house, seeking whom they might devour, or rather whom they might put in the way of their quack employer to devour.—We shall be glad of authentic additions to our list.

As the Clerical puffing is to bring in patients; so the *Chamber-puffing* is to secure those who are once caught in the trap of the quack's waiting-room. Dr. Cameron, *alias* Crumples, the water-quack, is famous for employing a talkative old gentleman as chamber-puffer-in-chief, who entertains those that call with their well charged phials with a marvellous history of the miraculous cures performed by the said Crumples, including cases of the last stages of Consumption, Cancer, and Locked Jaw, which every body knows never were and never could be cured. The poor deluded victim swallows the bait—is introduced into the inner apartment, and stands with mysterious awe before the miracle-working Crumples, and awaits his awful decision. The business uniformly ends in Crumples pock-

eting some guineas, and the patient getting daily worse, till death makes sure of the prize.

Whitlaw is quite *au fait* at this grand branch of his disgraceful avocation. Sometimes his new-caught gulls meet in his anti-room, with an *officer* in the army, who tells them he had a cancer all over his body, which was cured in a few weeks by No. I. of the American Extracts. This barefaced lie (for there never was such a cancer) is clenched by showing what he calls the scars of the now-healed cancerous ulcerations; though they are more likely, we think, to be the effects of the drum-boy's cat-o'-nine tails, when the same cancered *officer* was whipped out of his regiment. Sometimes the gulls are introduced to a London *Surgeon* and his wife; and the poor woman blesses the day she heard of the great Whitlaw, for she was eaten up of scurvy and scrofula, till she began to take his wonder-working No. I., which, in one week, did more than all the thousands of prescriptions she had ever got from Sir Astley Cooper, Mr. Abernethy, Sir Henry Halford, Dr. Babbington, and all the *crack* men in the metropolis.—"Seeing is believing," she goes on—"See my arms!—Look how they are healing!"—And, turning up her sleeve, she shows her arm, all covered, partly with ulcerations, and partly with healed scars. Her husband, the *soi-disant* Surgeon, confirms the whole story, and it is also clenched by Dr. Pease-brose, the Canterbury Physician, who is kept, with others, in the pay of Whitlaw, as a Professional Puffer. Now, nobody of any discernment need be told, that this is a scene—an exquisite one, it must be confessed, but still a genuine puff-scene. Begging sailors know well, by means of blisters, antimonial ointment, &c., how to give their arms a shocking appearance of disease, when there is nothing the matter; and Whitlaw is too wise and knowing to let slip a device of such imposing influence.

Medical Qualities of Rye.

In some parts of the Continent, rye is much used; but in England the consumption of it in ordinary seasons is very trifling. In Germany and Sweden, rye, indeed, forms the chief ingredient of their bread. It has one quality which renders it advantageous to the sedentary and the old, namely, that it obviates costiveness. Rye by itself, indeed, without mixture with wheat, will actually produce a flux in some people; and therefore it is proper that the bread be made with

about two parts of wheat to one of rye. Those who find even this too laxative should use brown wheaten bread.

The analysis of rye, by Sir Humphrey Davy, gave five per cent. of gluten. In 3,840 parts of rye-flour, M. Einhof found 2,345 parts of starch.—*(See* CRELL's *Amalen der Chimie.)*

To make Seidlitz Powders.

One of the most systematic plans of extortion and legitimate pocket-picking is to be found among the advertisers of powders, specifics, perfumery, and other things of this sort. In the first place, they must have a stamp, for which the buyer must pay; and then, a double or treble cent. per cent. profit. When the thing is really a discovery of importance, such as James's Powders, that is another affair; the discoverer or inventor has a right to the reward of his ingenuity or his fortunate hit. But where there is nothing of this, as is usually the case, it is manifest pocket-picking. The greater number of advertised medicines and perfumery are common and well known preparations, only disguised somewhat in colour and smell. This is a gross fraud. The "American Soothing Syrup" of *My Lady* Mutton is one of these, and Reynolds' Specific for Gout and Rheumatism, is another. The Seidlitz Powders, sold at 4s. 6d. may cost the makers some three-pence or four-pence, and at the most not exceeding sixpence, and allowing sixpence for duty, they get 3s. 6d. of profit. We shall teach our readers how to escape this imposition by a

Receipt.

Take two spoonfuls of Rochelle salts,
forty grains of carbonate of soda,
Mix, and put into a glass with half a pint of cold water. Then
take thirty-five grains of tartaric acid, or
the same quantity of citric acid.

Put into another glass, with half a pint of cold water. Then pour the one into the other, and drink it quickly. The water must be *soft.*

This is an excellent cooling draught, similar to Soda Water, or the effervescing draughts of the apothecary; but it is to be remarked, that the term *Seidlitz*, is a misnomer, inasmuch as the Seidlitz Waters contain none of the above ingredients except a very little soda; while, on the contrary, they contain sulphate of magnesia, sulphate and carbonate of lime, &c., none of which are in the powders.

THE FAMILY ORACLE OF HEALTH.

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Marks of Consumption just beginning.—The first feelings of the patient are very slight; but, on that account, the more insidious. Perhaps the earliest of the symptoms, even before the lungs are the least affected, and before there is any cough, is an unusually clear, pearly lustre in the white of the eye, and more particularly in the teeth, while the skin also becomes more clear and delicate, and the fingers become more slender between their joints. These appearances evidently arise from the want of the usual supply of the yellowish oil that gives a tinge, more or less deep, to the teeth, the skin, and the white of the eyes. The patient is, when thus affected, continually catching fresh colds from no apparent cause. If care is taken at this stage of consumption, to avoid or ward off these slight colds and coughs, which so often recur, it may be prevented from advancing. It is, indeed, a strong mark of beginning consumption when the patient is very liable to colds. You will find some useful directions, for this purpose, by looking back to pages 86, 128, 218, 251, 258, &c.

Marks of Consumption begun.—When the lungs begin to be affected, the first feeling of the patient is unusual languor, and disinclination to move; while he draws his breath with less ease, and more shortly and hurriedly than formerly. This is often not perceived, unless in going up a stair or rising ground, or on walking briskly, or on using any exertion of body. Still there may be no cough, and the pulse may be quite natural, or only a little soft, small, and quickish, that is from ten to twenty beats in the minute above its usual standard, but easily excited beyond this, by quick walking exertion, or drinking beer, wine, or spirits, which have little effect on the pulse of a strong, healthy person.

The next symptom is cough, which is at first very trifling, and not nearly so troublesome as that from a common cold, and is seldom complained of, though the weakness and languor of the body becomes distressing. The cough is short and dry, and drowsiness, giddiness, and headache are experienced. If the cough excites retching or vomiting, it is a still more certain mark of begun consumption. Still nothing is spit up, or if any thing, only a kind of frothy mucus, not from the lungs, but from the top of the throat and back part of the mouth. If this taste saltish, it is an unfavourable sign. Sometimes there will appear in it a streak of blood, or a small clot of blood like a pin's head. These particles of blood are often so small as to escape observation for weeks together. What is spit up should, therefore, be examined with a magnifying glass.

The symptoms still increasing, there is a feeling of op-

pression, or straitness, about the chest and lungs, and usually, though not always, a sharp pain in the breast or side, which, on drawing in a full breath, is increased—*catches* the breath, as it is usually expressed—and instantly excites the cough. This pain, or when there is no pain, the uneasiness in the chest, is usually worse on lying down. The spirits now become low, the countenance sad, the appetite impaired, the tongue usually white, and there is generally considerable heat and thirst, the face flushes after eating, and the palms of the hands burn.

The pulse becomes gradually quicker, and it always increases towards evening. Fresh colds follow one another in rapid succession, to the astonishment of the patient, who is certain that there can be no adequate cause traced to improper exposure, or otherwise. The cough becomes more annoying, particularly during the night; or, if not in the night, on awaking in the morning, when the fit of coughing abates, after spitting up a greenish or blackish matter, often streaked with blood, leaving the patient feeble and exhausted.

This may be called the first and more hopeful stage of the disease, though the symptoms in the last paragraph are much less manageable, and more alarming than any of the preceding. In our next, we shall lay down the best mode of treating this first, and sometimes curable, stage of consumption.

Marks of confirmed Consumption.—The disease now assumes its genuine aspect. The flesh gradually wastes away, and the yellowish colouring oil already mentioned becomes more scanty in the system; the skin, teeth, and whites of the eyes become more and more pure and pearly; while the cheek

——— assumes the rose's bloom,
The hue that haunts it to the tomb.

The sad dejected look of the countenance of the first stage now brightens into a sepulchral smile, and the deluded patient will tell you that he is "getting better every day—rapidly gaining strength—and growing fat again;" nay, he even seems very anxious to confirm you in this, and is jealously afraid lest you should doubt his word. This fatal deception is strengthened by the return of the appetite and the clean tongue, which often continue till death. The fever (called by surgeons *Hectic*) is now fully formed, and is generally, though not always increased twice a day—first, and but slightly at noon, and again in the evening till after midnight, when it terminates in a profuse and very weakening perspiration.

The pulse and cough increase in frequency, and what is spit up is different in different cases; either watery like whey, with occasional streaks of blood, or livid, deep black, light brown,

or light green; in form, either flattened or round; in consistence, either hard or soft; in odour, either fœtid or without smell. The oppression of the chest, from being occasional, becomes now a constant weight; the patient can only lie with case on the side affected; and his breathing is often accompanied with a ticking, like that of a watch. The nose becomes sharp, the eyes sink, the body shrinks, the back bone projects, and the shoulder blades stand out like the wings of a bird.—Such is the usual train of symptoms that precede the third and fatal stage, which, with the treatment, must also stand over. We may mention, that on an average, consumption proves fatal in about nine months from the first alarm; though, in some cases, it is more speedily fatal, and in others, it may continue for several years.

Tests of Danger in Consumption.

From the earliest times it has been a subject of anxious inquiry to find a test to distinguish between ordinary phlegm or mucus, and genuine pus, that is to say, matter from an ulcer of the lungs, as spit up after coughing, in colds, coughs, and consumption. If merely phlegm or mucus is spit up, the hope of safety is greater; if pus, that is, the matter of an ulcer, it is, to say the least, a strong reason for alarm.

Hippocrates' *Test.*—Take a glass of pure water, if sea water it is still better, and spit into it what the cough brings up, If it swim and continue to do so for some hours, you may be certain it is not pus; if it sink to the bottom it is a bad omen—that is, when taken in conjunction with other symptoms. We have this from the father of physic, who practised in Greece about five hundred years before Christ, and whose works are still preserved.

Mr. C. Darwin's *Test.*—This promising young man, who was cut off in the very dawn of his usefulness, discovered a double test of much more accuracy than the preceding. Put into one glass a little sulphuric acid and into another some pure potash dissolved in water. Put some of what is spit up in each till it dissolves, and fill up each glass with pure water. If the spit up matter has come from an ulcer, a sediment will fall down in each. If it is merely phlegm, there will be no sediment in either.

Dr. Young's *Test.*—Take two pieces of plate glass, and put between them a small quantity of what is spit up. If it be pus you will perceive on looking through it towards the sun, or a candle placed at some distance, the appearance of a bright ring

of rainbow colours; a red area surrounded by a circle of green, and this again by another of red; and the more genuine the pus, the brighter the colours, and the greater the danger. If it be mere mucus or phlegm there will be no distinct coloured rings, though a confused halo may sometimes be seen. This is an excellent and an easy test.

Sir Everard Home's *Test.*—The celebrated John Hunter first remarked, that mucus appears in the microscope to be made up of flakes, while pus is made up of globules like pins' heads. This is the basis of Sir E. Home's test, who informs us that pus is a whitish fluid of the consistence of cream, and composed of opake globules, surrounded by a transparent liquid. It has a mawkish sweetish taste when cold, being without smell, though when warm, its smell is disagreeable to every body but the patient. It does not dissolve in cold, but is readily diffused through hot water, and remains so when the latter is cold. It does not readily putrefy, and when evaporated till it becomes dry, or when exposed to heat, it does not coagulate. Spirit of wine and muriate of ammonia coagulate it; and as Mr. C. Darwin observed, oxymuriate of mercury, that is, corrosive sublimate, coagulates mucus.

Such are the principal tests by which our intelligent readers may try the matter coughed up by the consumptive; and may, by taking into account our preceding distinctive marks, form some notion of the danger or safety of those who are affected with coughs and expectoration.—We shall, in our future papers, do our best to give all that is known respecting this fatal disease.

Best Method of Cleaning the Teeth.

More teeth are destroyed by ignorant and improper cleaning, than by all the other causes of toothache, tartar, and rotting put together. All the authorities insist upon cleanliness being the best preservative; but you will find little said about the evils of tooth picks, tooth brushes, and dentrifices, which ruin the teeth of almost every body who uses them. Savages are well known to have almost uniformly fine teeth, and it is equally well known that they have no absurd tooth-apparatus for their toilette. Any kind of metal, such as a silver toothpick, is certain to break or rub off the enamel, and the usual tooth brushes and dentrifices act upon this very much like a file. Now, if you once break or injure the smallest point of the enamel of a tooth, it is certain to decay, and ultimately to rot down to the gum. A blunt quill is a much better toothpick than either a silver or a gold one,

though even a quill must be used sparingly, otherwise it will also rub off the enamel. The best thing we have heard for cleaning the teeth—next to rinsing the mouth well and frequently with warm, not cold water—is

Lady Morgan's *Tooth Brush.*

Before giving the genuine receipt for making this, we warn our readers that there are several spurious ones in print, the inferiority of which will at once appear from comparison.—Procure two or three dozen of the fresh roots of marsh mallows, and dry them carefully in the shade, so that they may not shrivel. They must be chosen about as thick as a cane, and cut to five or six inches long, then with a mallet bruise the ends of them very gently, for about half an inch down, in order to form a brush. Then take two ounces of dragon's blood, four ounces of highly rectified spirits, and half an ounce of fresh conserve of roses, and put them in a glazed pipkin, or pan, to dissolve over a gentle fire. When dissolved, put in your prepared mallow roots, stirring them to make them take the dye equally. Continue this till no moisture remains in the vessel, when the roots will be hard, dry, and fit for use. If you take care of them, they will last you for a considerable time. When you use this tooth-brush, it may be dipped in the tincture, page 111, or in the following

Wash for Strengthening the Teeth and Gums ;—

Take the juice of half a lemon,
a spoonful of very rough claret or port wine,
ten grains of sulphate of quinine,
a few drops of eau de Cologne, or oil of bergamot.

Mix, and keep in a well-stopped phial for use.

☞ We have in reserve for our readers an excellent Preservative for the Teeth, and Preventive of Tartar, Caries, and Toothache.

Economy of a Clergyman of Small Income.

The several plans and estimates, which we have given in our former pages, were confessedly drawn up, not from individual cases, but from an average of many. In this way, some of the items, we can conceive, may appear either over or under-rated by such as regulate their wants by a different standard. In order, therefore, to meet individual cases more in the very bosom as it were of a family, we shall here give the weekly and yearly expenses of a clergyman, not employed in his profession, and living about 150 miles from London, who spends about 180*l.* out of his income of 200*l.* His family consists of himself, two daughters, grown up, and a little boy.

Yearly Expenses.

	£.	s.	d.
Lodgings, unfurnished, four good rooms on the first floor, with kitchen, and other conveniences	15	0	0
Woman servant, neither lodged nor fed, but attending daily, from six in the morning till six in the evening (a good cook,) 7s. a week, paid weekly	18	4	0
Coals, at 1s. per bushel, three fires in winter, and one in summer—the average	8	4	0
Wood to light the fires	0	13	0
Candles, on an average	5	0	0
Washing, agreed for by the year	8	0	0
Schooling for the boy	2	4	0
Clothes (and well dressed) for the four, with pocket-money	30	0	0
N.B. The ladies make up their own things, and the gentleman buys his cloth and gets it made up.			
	£87	5	0

Weekly Expenses.	£.	s.	d.
Bread	0	4	4
Meat, fish, fowl, vegetables, eggs, flour, fruit occasionally, &c. &c	0	15	0
Tea, for the two ladies, ¼lb. at 10s	0	2	6
Sugar 3lbs, at 1s	0	3	0
Milk, one pint per day, 2d	0	1	2
Butter, 2lbs., at 1s. 2d. on an average	0	2	4
Salt, and other decoraments of the table	0	0	6
Scouring articles, with ½lb. soap	0	0	9
Nine gallons of table beer, at 5s., and nine of porter, 13s. 6d. last a month—per week	0	4	7½
Weekly,	£1	14	2½

	£.	s.	d.
The weekly expense of £1 14s. 2½d. is, per year	88	18	10
Yearly expenses, additional as before	87	5	0
Sundries, for even money, (letters, &c.)	4	6	2
Total yearly expense	£180	0	0

*** A Bachelor's expenditure in our next.

Whets for Amateur Drinkers. By Dr. Gastaldy, of Paris.

From the very birth of our publication, we have attended most anxiously to the best interests of our friends who "love a

glass and a merry old song." To the singers, we shall speak anon; to the friends of "wine and good liquor," we shall speak now; and they cannot fail to agree with us unanimously, that without thirst to relish it, the best liquor is an intolerable bore, and little better than the apothecary's abominables. To enjoy your champaigne, therefore, or your Glasgow punch, you must feel the cravings of thirst—that is, the irresistible demands of the blood to be made more thin and bland, in order to smooth its current as it flows through the veins. Blood is a being—(a living being says the great John Hunter, for "the blood is the life")—which cannot bear to have its course retarded or interrupted.—It must flow on like time, without a pause, or all goes wrong. If it flow too fast, then you must lay your account with fever, and, perhaps, with delirium. If it flow too slowly, you will sink into drowsy lethargy, and will only be fit for Lubberland, or the Castle of Indolence. On these principles, we go; and shall thence devise our methods for managing the current of the blood, and, at the same time, increasing our bon vivant enjoyments. The thing was never philosophically done before—that every body must allow, and give us credit for.

In our maxims for training (page 192,) we have laid down the best way of preventing thirst, as drink is by no means favourable to strength; but as our amateurs have more wish for enjoyment than for the robustness of pugilists, we must, for their accommodation, reverse our rules. The best wine or punch whet, then, which we know, that is, the most powerful, and at the same time the safest, is hard exercise carried to the point of profuse perspiration, immediately before you sit down to your rump and dozen, or before you invite Mr. W. Graham, or any other punch-able gentleman to dinner.

If you cannot spare time or have no inclination for hard exercise, the whets we propose are not quite so well calculated for longevity, though they are no less powerful, considered as whets. We advise you then to commence your dinner with our whet cup, (page 104,) and to begin with fish instead of soup, not forgetting abundance of cayenne pepper and catsup, but avoiding essence of anchovies, which is little better than herring brine. Let fish be the only *white* meat you touch during dinner; for veal, lamb, rabbit, pig, fowls, &c., are fit only to cram the corners of your stomach with an insipid, lubberly mass, that will never tickle the stomach into craving for a single glass of liquor. Do not forget Dr. Gastaldy's *coup de milieu*, but it will avail you much, in the way of increasing your thirst, to decline our cold water improvements upon it, (page 169.)

The best sorts of food, as whets for thirst, are, ox beef, in all its varieties, mutton, pork, and every sort of ham and sausage. If meat, indeed, is only red, you may be certain of its whetting powers; if it is white or fat, you may be certain that its effects will be quite the contrary; and you will not be able to drink a single pint of wine with relish; whereas, by eating red meat, you may drink your two bottles, and long for a third, or even an &c. It is right, however, to tell you, that the best red meat may be spoiled in the cooking, that is, it may be blanched and milk-sopped by boiling or stewing. Never touch boiled mutton nor stewed beef, if you intend to honour the bottle. But your braised turkey, or your deviled wood-cock, (page 59,) is excellent; nothing is more so than

Dr. Gastaldy's *Biscuit for Drinkers.*

This is neither more nor less than an exquisite slice of cheese, fitted nicely to one of Le Mann's biscuits, previously buttered with the best Epping. The best cheese for this purpose is Gruyere, or old ripe Stilton, (taking care that it be not greened with poisonous verdigrise.) Those who are novices in cheese-tasting, will find Dutch the best, but no scientific amateur can bear the sight of it. Mr. Wallace says he prefers old Dunlop, provided it be well salted, and "hotchin' wi' mites." A still better is

Dr. Kitchener's *Pandemonian Biscuit.*

Our friend, the Doctor, now and then picks up a good thing though he should be indebted for it to the devil, whom, as right is, we must always give his due, even to the cooking of a wood-cock, or the dressing of a *biscuit des ivrognes á l'Enfer.* Those then who wish, over their glass, for pandemonian biscuit, must get their cook to bone and wash some anchovies; to pound them in a mortar with fresh butter, mustard, curry powder, cayenne pepper, and mace; and to rub them through a sieve. Warm a fine biscuit before the fire in a Dutch oven, and spread the anchovies on it, seasoning to taste with plenty of cayenne and curry—and it is ready. This is excellent, says the Doctor, borrowing, as usual, from his betters, "to make a cup of good drinke rellish well, and may be called the drunkard's delight."—(see Dr. Harte *on Diet.*)

The Science and Art of Sleeping.—No. I.

After you have finished your &c. bottle, and swallowed your Royal Sleeping Draught, (page 23,) you will naturally betake yourself to repose. This, however, your nerves, or some other

deuced thing, will not perhaps allow, and you may toss and tumble about, like Virgil's Queen Dido, till the dawn, or even till high noon, of the following day, without obtaining even Dr. Kitchener's miserable "nap of forty winks." We must, therefore, teach you the genuine science of sleep; for though we disapprove of the drowsy, time murdering, health-destroying Siesta every where to the north of Naples or Rome—we are great lovers of pleasant sleep and comfortable naps; and, from long study and experience, we have acquired much useful knowledge of the Art of Sleeping, which we shall freely and fully disclose in this series of articles.

We make it part of our daily study, like the late Lord Mansfield, "to cultivate sleep;" and we heartily agree with Kant, the Transcendental philosopher, that "without hope and sleep we should be the most wretched beings on earth;" or as Tom Campbell would sing it,

> Without the nap, from downy pillow won;
> Say, what were man?—A world without a sun.
>
> PLEASURES OF SLEEP.

To understand the nature of sleep, you must look back to what we have so often told you about the current of the blood; all depends upon a right comprehension of this, as sleep is caused by a want of motion in the blood of the brain, whether the stagnation proceed from too much or from too little blood. For example, if by cold feet, a fit of passion, or a heavy supper, a gush of blood is forced into the brain and stagnates there, the consequence will be the snoring death-like sleep of apoplexy; and the same will happen if a blow on the head throws a quantity of blood upon the brain; or if the same is produced by fever or disease of the liver. This requires no proof. A stronger proof of the stopping of the current from a deficiency of blood you could not require, than what Professor Blumenbach observed in a man whose brain was exposed by the removal of a part of the skull. Whenever this man fell asleep, the brain was seen to shrink and subside; but the moment he awoke, a tide of blood was seen rushing through the vessels and swelling the brain.

The same is also proved by the fact, that in madness and inflammation of the brain, when the blood flows rapidly, the unhappy sufferer is altogether deprived of sleep, unless the current of the blood is retarded, by taking away a large quantity of it by the lancet, or by strong doses of opium.

Our philosophy of sleep, therefore, is abundantly clear. Retard the current of the blood in the brain, and you will produce sleep; quicken it, and all sleep must be banished. Diminish the quantity of the blood, so that it may lack force to keep up

its velocity and drowsiness, and sleep will follow. Force more blood into the brain than can find room to flow, and a similar effect will follow, but often accompanied with pain and danger. This, we believe, is the only rational account of sleep that can be given; and though it is to be met with in some of the works of the learned, we are not aware that it was ever before put in a popular dress for the benefit of the general reader.

Let us see how it agrees with what we all know about sleep. You recollect our doctrine that whatever moves a limb, or stimulates, or stirs up any part of the body, causes an increased rush of blood to that part; and of course the contrary, namely, rest, and the absence of every thing that excites motion, will cause the stream of the blood to diminish its velocity. As thinking also acts as a bestirrer to the brain, it must drive thither a brisker current of blood. Now you know as well as we do, that thinking, or any exertion of mind, will prevent sleep; though you may not before have thought of tracing this to the increased stream of blood to the head. You know as well as we, that silence, darkness, and remaining in one posture, will cause sleep; though you may not have referred this to the retarded current of the blood by the removal of noise, light, and motion, that before spurred it onwards. Again, bathing the feet in warm water—eating a moderate supper—rubbing the body with a flesh brush—or the operation of a purgative, by drawing a superabundance of blood to the feet, to the stomach, to the skin, or to the bowels, and consequently diminishing its flow to the head—will cause sleep.

Another cause, we must now explain. It is a general law of our nature for rest to succeed fatigue, as temporary insensibility succeeds sensibility. The pain of a burn, for example, comes and goes; and if you press your hand firmly upon the table for some time, the feeling of hardness will gradually vanish, leaving a certain sensation of numbness in its stead. Hold out your arm from your body for a little, and you will soon perceive the feeling of fatigue painful and insupportable. In a word, you will be compelled to give it rest.

Sleep then seems to be a consequence of this general law of rest after fatigue, with the remarkable exception, you must observe, of the involuntary motions of the heart, the lungs, the stomach, and the bowels, which never rest, and are made so as not to require it. These are for the most part out of the dominion of the will; but all our members that are governed by our will, soon become fatigued, and must rest.

It is a very curious fact, and but very recently observed—first, we believe, by M. Cabanis, that some of our senses and

members go to sleep sooner than others, and sleep also with a different degree of profoundness—in proportion, it may be presumed, to their fatigue from their waking exertions, and to the flow of blood through them. The muscles, therefore, of the legs and arms are the first to become drowsy—then those that sustain the head, which, losing its support, falls forward; the muscles of the back follow, and it becomes bent. Of the senses, the eye is the first that goes to sleep; and after it the smell, taste, hearing, and touch, become drowsy in succession. The sense of touch never sleeps so profoundly as the others—a fact inferred from our frequent changes of position during sleep, which must be the consequence of uneasy sensations of touch. Besides this, it is well known, that a slight tickling of the soles of the feet will waken a person whom no noise could rouse. In the order of their waking again, taste and smell are always last, and sight appears more difficult to awaken than hearing; for a slight noise will often rouse a sleep-walker who had borne an intense light on his unshut eyes, without seeming in the least to feel it.—In our future papers, on the means of procuring healthful sleep, we shall turn these curious facts and reasonings to practical account.

Signs of Safety and of Danger in Measles. By Mr. C. T. Haden, Surgeon, Chelsea.

We gave, in a former article, a receipt for one of the best remedies which has hitherto been discovered for measles, and for the very similar disease of scarlet fever. We request the attention of our family readers to this powerful remedy (see page 111,); and shall now, after giving the character of the disease, mention, from the information of Mr. Haden, some of the causes and signs of safety and of danger, as observed in his extensive practice.

You may at once distinguish measles from other complaints like it, by the following marks :—running of water from the eyes and nostrils, sneezing, cough, and swelling of the eyes and face, with occasional shivering, cold in the back, and drowsiness;—more particularly, the eruption first appears on the third or fourth day behind the ears, spreading downwards to the neck, and forwards to the chin, mouth, and forehead, and seldom shows itself on the body till a day or two after. The eruption speckles the skin somewhat like the bites of fleas, and is of a crimson colour, and not scarlet, as in scarlet fever. The crimson specks of measles arrange themselves in groups of irregular circles, or crescents, and leave the skin

between them of its natural colour. This never occurs in scarlet fever. The specks of measles sometimes feel raised and rough on the face, but never form pimples.

Measles safe in the Children of the Wealthy.

Mr. Haden informs us, that healthy children, in the higher and middle ranks of life, very seldom die of the measles. In the first seventeen years of his practice, he does not recollect a single case that ended fatally. We consider this information of the highest consequence, as it points to a certain mode of rendering the diseases of our families comparatively mild and safe, namely, by giving proper attention to the food, clothing, and exercise of our children. What parent, who reads this, and compares it with what we shall presently state below—will not immediately inspect, personally, the way in which these things are done, and make the proper inquiries into the best means of fortifying the constitutions of his children against a disease so violent as measles, when they attack the weak and feeble?—Scrofula, as we shall by and bye shew you, is produced in a similar way, by improper nursing, and the poor vegetable diet given to children.

Measles dangerous in the Children of the Poor.

Mr. Haden, on the same authority of experience, informs us, that scarcely any disease is more destructive than measles, when they attack the weakly children of the poor. In a few months, he witnessed not fewer than 60 deaths under these circumstances. The children were chiefly infants, who had been badly nursed, fed, and clothed. About one in four or five died of those who were attacked, though they had the best medical attendance—Dr. Armstrong, the eloquent writer on fever, being the physician. The influence of the state of health on the danger of the little patients, was so strongly marked, that he could always predict to a certainty, when a child was attacked, whether it would die or recover.

The great danger in measles does not arise from the abundance of the eruption, the severity of the fever, and oppressed breathing, nor the violence of the cough; but almost wholly from the secondary inflammation that comes on, or rather is aggravated, after the fever and the eruption have gone off, which usually happens in nine or ten days. Weakly children, of course, cannot bear to lose enough of blood to subdue this inflammation, and die. Many children, also, have this se-

condary inflammation produced, or increased, by cramming them with too strong food, when they are beginning to recover, under the false notion of strengthening them. It is no less absurd to dose the little patients, after measles, with purgatives, provided that their bowels are in proper order. The consequences of such folly are often fatal.

Healthful Management of Infants.

We apologize for not having hitherto attended sufficiently to this interesting subject of family inquiry. One very excellent direction we can boast of introducing, for the comfortable dressing of infants, so as almost to prevent them crying during the process, (page 35.) We shall now follow up the same principle a little farther; but we cannot refrain from first laying down an

Important Caution as to Medicines.

Beware!—beware of the poisonous, deleterious, or, at best, injurious nostrums, puffed off under the names of Infant's Balm—Hive Water—Vegetable Syrup—Godfrey's Cordial—Elixirs—and similar trash. We need not denounce the "American Soothing Syrup:" our readers are aware of the character of that imposition. The Anodyne Necklaces are the only safe hoax of this kind we know:—safe, but wholly useless. Opium, or syrup of poppies, which is a preparation of opium, is the basis of all these pocket-picking concerns; and no doubt will, in most cases, stupify a child into a dosing sleep, and thus, for the moment, may make the mother or the nurse praise the wonderful powers of the trash; but it will, in all probability, destroy, in the end, either the constitution or the life of the child. We have known children, in this way, made idiots for life; and others thrown into fits of epilepsy and palsy, or rendered scrofulous or consumptive. Recollect that both syrup of poppies and diacodium are nothing but opium under a different name. Beware, also, of calomel and blisters.—We shall again recur to these; but, in the mean time, we must go on to

Improvements in Nursing.

If you wish to save your children from rickety deformities, and nervous or scrofulous constitutions, attend to the means pointed out by nature, for properly exercising them. Food is also of great moment, and we shall soon come to that; but exercise, and other management, are no less so. We have

seen that, at Vienna, they do not make the infant *sit* while it is dressed. This is right and natural. We must next take a lesson from the Indian nurses. Among the natives of Hindostan, deformities are almost unknown, and why?—Clearly we think, in consequence of their superior nursing.

The Hindoo nurse, seldom or never takes an infant on her knee or in her arms. She puts it down on the floor, or on a mat; and it not only gives her little trouble, but it is much more contented, and thrives greatly better than if nursed in the English manner. The little things lie quietly on their mat till they feel strength to roll about; and this they acquire so rapidly, that in about three or four months they actually can raise themselves and sit upright without assistance: and at nine or ten months, can, of themselves, get up on their legs and walk. We had this information from a lady who had been in India, and treated her children according to what she justly considered a great improvement.

English nursing, in the sense in which it is usually understood, may be rightly interpreted the art of deforming and weakening children by ill directed care. For example, nothing can be more evident, than that an infant is not designed by nature to sit upright or hold its head upright a few days or weeks after birth; and yet the English mother and the English nurse, hesitate not to hold it in this unnatural, and, to it, painful position, though its cries manifest its disquietude. That the pain thus ignorantly given to the little sufferer makes it fretful and passionate is not to be wondered at; but this is only one of the evils of the practice. The bones of the back and neck are in early infancy separated by soft gristle, which is easily compressed; and if the infant is held unnaturally upright before this gristle acquires firmness, deformity must ensue—there is no help for it. The shape may not indeed be always twisted, nor the back humped; but the growth must be stinted and dwarfed, and the fine natural form of the body much injured.

Were these principles universally understood and acted upon, a deformed shape—a hump back—a short neck—or a chicken breast would be almost unknown; on the present system of nursing, every body can testify to their frequency. The ladies, however, who have been in India, and their friends, are slowly, but surely, introducing the more rational method of leaving infants more to themselves—allowing them to lie on a mat or in a tray while awake, and not interfering with their growth and shape by foolish arm-and-knee-nursing, and rash dandling. We have much to say also on the habits of independence or self

dependence, which are thus taught from the very day of birth; but we have not room at present, and must reserve it.

Vulgar Errors concerning Gout.

We have in some measure got rid of our vulgar superstitions and prejudices respecting witches and ghosts—but old women's notions with regard to gout still remain with many, as strong and as obstinate as in the dark ages of monkery. By many, for example, gout is ignorantly thought to be a sovereign cure and preventive of other diseases; and, accordingly, they resign themselves with all the firmness of martyrs to patience—flannel, and the agony and burning pains of the tormentor. We know well that it is useless and hopeless to reason with prejudice, and obstinate, blind-fold ignorance—but we shall just ask what diseases does gout cure or prevent?—Nobody answers, and nobody can tell. Does it cure or prevent gravel—stone—indigestion—liver, or bilious diseases—piles—asthma—or nervous disorders?—most certainly not. On the contrary, these diseases, for the most part, increase, along with the increase of gout; they never decrease from it, and cannot possibly do so.

But, saith prejudice, "if a fit of gout is prevented or cured, some other more awful visitation will follow." Now this is a mere dream, without the slightest foundation in nature or analogy; though it is impossible to refute it: You might as well attempt to refute the raving prophecies of Joanna Southcote, or of Mr. Irving, with which it is on a par. For if the fit of gout is cured, and no evil ensue to the patient, prejudice whispers that the storm is brewing, and will finally come with fury—if any disease do attack the patient, then prejudice is certain that the cured fit of the gout was the cause. This is sad enough—but it is the same people who are thus prejudiced that are so easily gulled by quacks and mountebanks—and this, at least, gives some countenance and comfort to the more rational.

Let us not be misunderstood: improper treatment may, and often does, drive gout from the toes to the stomach or to the heart; though this is a very different matter from the fit curing and preventing diseases, for this is only a shifting of the same disease from one part of the body to another by the power of medicine.—But if these things are so, you will ask

What is the best Treatment of a fit of Gout?

We answer, by asking you in turn, what is the state and constitution of the patient? It is sheer quackery to treat every

patient alike, even in the same disease; and whoever does so, is either a fool or a knave. What could be more absurd than to treat in the same way, a young robust man, and a man worn out with years or infirmity—even though both have gout;—yet this is done every day! There can be no doubt, however, that the new substance, called *Veratrine*, acts powerfully in removing a fit of the gout, and to the agency of this substance must be ascribed the acknowledged efficiency of the Eau Medicinale, Want's Powder, Reynolds' Specific, and the different preparations of colchicum and hellebore—of all which the veratrine constitutes the basis. We say, therefore, that every patient must be treated during a fit of gout—not in the same way, but according to his constitution; that is, the young must be reduced by purgatives, local bleeding, and low and cooling diet; while the old or feeble must be supported by a more tonic and generous treatment. With these cautions, which we shall extend in a future page, we should advise in every severe case, the

New French Remedy for the Cure of Gout.

Take one grain of acetate of veratrine,
one grain of acetate of morphine,
six ounces of clarified syrup.

Mix very carefully, and take a tea spoonful every hour, or every two hours, till the pain abate, which it will usually do in the course of the night; and the fit will be completely removed without the least danger*.

This medicine must be followed by a draught of Epsom salts and senna in the morning—and in the old or feeble, with a few doses of syrup of quinine, page 279—in the young and robust, with extensive leeching to the part affected. The only bad effects from gout medicines we ever knew, arose from trusting too much to them, and indulging in drink and rich dishes, instead of abstaining.

Sir William Temple's Cure for Gout.

The fit of gout, it is said, will be quickly removed by what is called *moxa*, provided the patient have no fear of a live coal applied to his skin; for the *moxa* is something such, namely, a pencil of flax, cotton, or other combustible set on fire, and put upon the part in pain till it burns it into a sore. Sir Wm. Temple learned to treat his gout in this way in Holland, and, on his return, wrote a book to recommend it. This old remedy has lately been brought into notice again by Mr. Dunglisson,

* This will be most accurately made up at the shops mentioned—page 199.

the sub-editor of the Repository, in a good translation of Baron Larrey's work on the subject. It appears from this book that *moxa* is a universal remedy for all diseases curable and incurable —such as consumption, rickets, and palsy. Well, it may be so—nothing is impossible—and those who have no fear of fire may try this wonderful *moxa* *.

Edinburgh and Alloa Ale.

An extensive provincial brewer of our acquaintance informs us, that he once formed—the ambitious project of making his porter equal to London, and his ale to the genuine Alloa, in body and flavour. He accordingly procured a situation for his son in the extensive brewery of Meux and Co., London, to learn the porter process—and he engaged an intelligent Alloa brewer as superintendant, with a share in his business as a handsome douceur. But it would not do (and you may see why, at page 114): his porter and his ale were in fact injured by the new-fangled processes from London and Alloa. As Burns says—

> The best laid schemes of mice and men
> Gang aft agley.

and so it will happen in all such brewing projects, unless you can transport both the water and the weather.

Although, therefore, you use, as the Scots brewers do, nothing but the best malt and hops—and in this way make excellent home-brewed, you can never come near the character of the genuine Alloa or Edinburgh. We cannot put down tastes upon paper as we can do colours, or we could at once tell you how to distinguish the genuine—it must be learned by experience alone.

Scots ale is always best when bottled, and kept for three months before using it in a warm cellar. It often happens that the good quality and flavour, though perfect when brewed, are destroyed by improper management; to prevent this, you must have it bottled very bright and transparent; and take care that it be not exposed to cold, which will render it thick, muddy, flat, and unpleasant. Before the cork is drawn it should stand for about half an hour near the fire, but not so as to expose the bottle to bursting.

It appears from this, and many other things recorded in our pages, that Scotland is truly the land of good living, both in substantial solids and pleasant liquors. In fact, no amateur of gourmanderie can be reckoned finished till he have been a three months guest at Ambrose's, and been initiated into the mysteries

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* Mr. Dunglisson, who is the best Moxician in London, lives in Prescot-street, Goodman's Fields.

of the Glasgow Punch Club—two of the most distinguished brotherhoods of good fellows in the known world. Turtle and turbot and ambrosial liquors are in fact their commonest fare, and it appears most gloriously on their bright faces and ample rotundities.

Pure ale drinkers are among the healthiest and freshest looking members of our population ; for example, our country gentlemen and wealthy farmers. In training, too, good ale is indispensable—(see page 194.) We have only to add, for the information of our readers in the metropolis, that the best Edinburgh ale we have met with out of Scotland, was procured from Mr. G. F. Morton, ale merchant, 78, Margaret-street, Cavendish-square. At a full meeting of our Committee assembled expressly to taste Mr. M.'s ale, it was unanimously voted to be altogether equal to what we had at Ambrose's, in Edinburgh, and that we need not say was *ambrosial.*

On the high authority of Sir Lucas Pepys, Edinburgh ale is pronounced to be the safest liquor for those whose constitutions have been weakened by gout. The late celebrated Dr. Gregory, of Edinburgh, recommended it in indigestions; and by its means, along with laxatives to keep the bowels open, our friend, Dr. Marshall Hall, of Nottingham, has successfully cured many cases of weakness.

Art of Gymnastic Training improved, and applied to Strengthen the Weak and Nervous.—No. VI.

Whoever has studied the art of training must have often remarked, that the increase of strength, or the increase of weakness, though much influenced by what is taken into the stomach, and by its powers of digestion, yet a great deal depends on the management of the skin ; and unless that is properly attended to, your training may all go for nothing. The stomach and bowels may be in healthful order, your wind may be sound, and your lungs playing and fluttering as freely as an aspin leaf, and yet may your skin, by improper management, soon throw the whole into disorder. Recollect for a moment, that nearly two-thirds of all that you eat and drink passes off by the skin, and you will at once see the importance of keeping the pores open, and taking care not to stop or impede the free passage of perspiration. This subject is so extensive, that we easily could, and perhaps may, write a volume upon it. In the mean time, we must be contented with a few practical remarks, as applicable to Training.

Precepts of Bathing for Trainers.

In order to keep the pores of the skin free to admit the escape of the perspiration, it is indispensable that it be kept clean, and purged of all the greasy scurf which naturally collects upon its surface. We should, therefore, recommend that the whole body be carefully washed, at least once a week, taking care to let this be done as speedily as possible, to prevent the bad effects of cold. Water somewhat warm, is the best for cleaning the skin thoroughly; and to prevent its opening the pores too much, it ought to be immediately followed up by a second wash of the coldest water that can be procured, or a plunge into the cold bath. Fewterell, who was of the old school, prohibits the use of soap in these washings; why, he does not inform us. We can see no harm, but the contrary, in the *moderate* use of soap; though it does act injuriously, as we have seen, (page 201.) on the delicate skins of fine ladies. Soap, however, may be abused; for it may strip the skin of too much of its natural oil, and, by thus rendering it too dry, it may obstruct the pores, and stop perspiration.

The cold bath is recommended by Jackson, three times a week; and he very properly prefers sea bathing to fresh water bathing. But if it is inconvenient to go to the sea side, a quantity of salt thrown into the cold bath will render it better. The use of the salt is to smart and stimulate the skin, and consequently to open its pores. Jackson says, that the shorter time a person remains in the water the better; and we believe this agrees with experience, though we are not quite clear about the philosophy of the thing.

Fewterell recommends the arms and loins to be washed with cold water. We should object to the loins, as likely to cause colic and other evils, except when the whole body is washed at the same time, which diminishes the hazard of this occurrence. Jackson again informs us, that it is of great advantage to prevent colds, to have the feet bathed in cold water every morning. This we should, for the same reason, disapprove of, except in the case of a general bath, or if it is done, we should say that the feet ought to be suddenly plunged into the cold water, and as suddenly withdrawn, and instantly rubbed dry.

Use of Friction in Training.

This is a point in which we think the ancient athletæ excelled the modern trainers. In training race horses, indeed, it is much better understood and more employed than in the more important training of men. On the principles just laid down, we say, that if you rub the skin till it glow, you will stimulate

the pores into healthy action, and also draw to the part rubbed a greater quantity of blood, as you will see by the increased redness of the part. Now all the perspiration must come from the blood; and consequently, if you both open the pores of the skin and bring thither a greater flow of blood, you will, to a certainty, increase the perspiration—and, of course, reduce your fat, and improve your wind.

The only friction mentioned by Jackson is performed after hard exercise, and particularly after the morning run, when he recommends the skin to be rubbed dry, and immediately clothed, one limb after another. We should advise the daily use of the flesh-brush, for not less than a quarter of an hour, morning and evening. Nothing acts more powerfully on the wind, and on the process of digestion.

Abstinence and Continence in Training.

We have already adverted to the necessity for strict abstinence from all excess and indulgence of the appetite, in food and liquor. It is even more important that, if the person under training is married, he should sleep out of his own house; and if unmarried, must submit to a similar precaution. This is the judicious precept of John Hall, of Beverly; and we believe it is followed by Jackson and Captain Barclay. The ancients were also well aware of its importance; hence the verse of the Roman poet, respecting the man who wished to excel in the race—"abstinuit Venere et Baccho"—he quite renounced both love and wine.

*** In our next article we shall give the "Effects produced on the Body by Training."

Great Discovery in Physiological Cooking.
By Dr. James Johnson.

The great men of other times experienced much vexation of mind, and had their spirits grievously troubled when they betook themselves to scrutinize the hidden things of the human frame. In these torturing and trying cases, Queen Mab obligingly became their "fancy's midwife," and delivered them of a "Mid-summer Night's Dream," as Dr. Johnson often remarks in a scrap of medical Latin, *tuto, celeriter, et jucunde;*—which, to the unlearned, meaneth snug, snap, and lack-adaisical. Among others of Queen Mab's dream-delivered* sages, we

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* We are authorised to form this compound from the analogy of Shakspeare's phrase—"Ditch-delivered by a Drab."

beg to remind you of Van Helmont, who fancied that a certain fairy, height Archæus, was stationed in the stomach, for the purpose of hammering and pounding the imperfectly masticated food on an anvil. Had this Van Helmont lived in our times, and enjoyed the pleasure of perusing our articles on Scientific Eating, he would, probably to this hour, have remained *enceinte* with his Archæus, unless the great Dr. Power had been called in to stroke and shampoo his fancy, in the hour of need.

As the matter now stands in this enlightened age of scientific discovery, Queen Mab is more learnedly employed. She has lately been very busy with Dr. Lobstein, of Strasburg, and the indefatigable Dr. Copland, who are fermenting their ideas about what they term the sympathetic nerve, and the ganglia thereof; though it would puzzle them sadly, we think, to *prove it to be a nerve at all.* Pray, may we ask, if Dr. Copland ever dissected, himself, this thing that he calls a nerve—or does he only take his clue from Bichât, who, though a great man, was also a great favourite with the Fairy Queen! Will Dr. Copland just tell us, in a friendly way, in two words, what a ganglion is; and, particularly, how many ganglia he has *himself* dissected in his researches? His answers will stamp the *value* of his authority.

In the very hurry of these two sympathetic cases, her Majesty was sent for express to Dr. Johnson—(a skip from Strasburg to Spring Gardens can be done in a couple of seconds, with a moon-beam for a tight rope)—who had got entangled among the Absorbents, as John Hunter, Cruikshanks, Mascagni, and other great men had done before him, and have been as much perplexed about them as Dr. Copland may probably be in finding answers to our cross questions. The learned Editor of the Medico-Chirurgical Review, has gone a step beyond all his celebrated predecessors—Van Helmont not excepted; for he finds that the decided function of the Absorbents is—*to fry fish!* This, we look upon to be one of the greatest discoveries—(it is certainly the latest) in our darling science of good living. But the thing is too good to be exhausted in one short article, and as we, like the Doctor's "absorbents, have other fish to fry,"— we must for the present say, *bon jour, Monsieur Fish-frier.*

Formation of the Blood.

All the food and drink which you take must, before it can nourish the body, be converted into blood. Now, if you will take the trouble to look back to page 8, you will find the first

step of this conversion explained; and to page 131, you will find the second step. When the food has just passed from the stomach, it is, as we have said, in the form of a greyish paste; but the instant it mixes with the bile and the fluid of the sweet-bread, called by Anatomists the *pancreatic juice;* it forms a milky or cream-like substance, called *chyle,* which forms the basis of the blood about to be formed.

This *stomach-cream,* as we may call it, now passes on through the bowels, where it is greedily drunk up by the mouths of innumerable little vessels, that open on the inner surface of the intestines. These vessels are so numerous and so widely distributed, that what is missed by one set is readily caught by others, and in a healthy state of the intestines none of the stomach-cream is lost.

The little vessels thus loaded with the rudiments of the blood, run on till they meet in one common canal, and empty their contents, which have received a slight tinge of red in their passage, into a common reservoir about the size of a pea, situated near the back-bone, below the right edge of the midriff or diaphragm. Nobody has yet found out how the slight red tinge is given; but experiments are now making by Professor Tiedemann, of Heidelberg, to discover the secret. The spleen has evidently something to do in the business; though Archdeacon Paley, strangely enough, fancied the spleen to be a mere stuffing for filling up an empty space in the bowels!!—*Dormivit subinde Homerus*—that is, the wisest will sometimes take a nap.

From the common reservoir now mentioned, a canal of the thickness of a crow-quill—(called by surgeons the *Thoracic Duct*) proceeds upwards in a winding direction along the back-bone, behind the heart, till it reach the left shoulder, where it empties its infant blood, if we may use the word, into one of the veins, and becomes mixed with the full formed blood. Here it consequently loses its reddish white tinge by being mingled with the dark blood of the vein; and it is then carried immediately forward to the heart.

Circulation of the Blood.

Having thus seen that the digested food is carried in the form of a milky fluid, tinged with red, into one of the veins, we shall now follow it in its course over the body, and see how it dispenses nourishment to the system. What then are we to understand by a *vein?*—The veins are blood-vessels of various sizes, which run from all parts of the body toward the heart, but never

go from the heart to any part of the body. This may be easily proved by the

Experiment

Of pressing the finger on any of the veins of the arm, or the back of the hand, when the blood will instantly be seen to fill the part farthest from the heart; whilst, between the heart and the point of pressure, the vessel will appear to be empty of blood.

How then, it will be asked, is the blood, which is thus poured by the veins into the heart, returned to the body?—This is accomplished, not by the veins, but by means of another set of blood-vessels, called *arteries;* that constantly carry out from the heart the blood which the veins as constantly return to it.

The Heart

Is a strong vessel, consisting of four cavities, with communicating valves, or doors, which open and shut by the nicest mechanism, according as they are wanted. Now let us trace the progress of the blood through its wonderful course; from the point of the vein, on the left shoulder, into which we have seen that the stomach cream flows. The vein at the left shoulder, after it has received the stomach cream, passes down towards the heart, joining in its passage with all the veins which come from the upper part of the body, and forming one large canal. These two veins from the upper and lower extremities, empty their blood into the first reservoir, or fountain of the heart; and when this is full, it bursts open the doors of the second reservoir, empties itself into it, and the doors immediately shut behind it, and prevent its return. This second reservoir, being now full, its sides contract, and throw it upwards into a large canal, which carries it to the lungs, to be exposed to the air, and undergo, as we shall see, a chemical purification by the action of the fresh air.

Purification of the Blood.

It is to be remarked, that all the blood of the veins, and also of the vessel which goes from the heart to the lungs, is always dark coloured, approaching to blackish red, in consequence, as chemistry informs us, of its being loaded with charcoal, and other impurities. When it reaches the lungs, it is spread out into countless branches of vessels, many of them as small as a human hair, or smaller, and only covered with a very thin cobweb-like skin or membrane, upon which the air, inhaled in breathing, presses, and effects a very singular change in the blood; for though it was dark blackish red when it arrived at the lungs,

as soon as it feels the touch of the fresh air, it brightens into a clear and lively crimson. This shows the great

Importance of pure Fresh Air.

For when it is impure and full of smoky exhalations, it cannot effect so complete a purification of the blood in the lungs. It also shows, in what manner phlegm, and other matters, formed in the lungs, prevent the blood from being purified, which leads to consumptions, and other fatal diseases; for, if the phlegm is spread upon the surface of the lungs, the fresh air must consequently be prevented from coming into contact with the blood, which cannot, therefore, be so properly purified as when no phlegm interposes.

The impurities in the dark, venous blood, are delivered over to the air in the lungs, and carried off by the return of the breath, and part of the pure air unites with the purified blood, and passes with it back to the heart. It is a common and plausible opinion, which originated with Dr. Crawford, that it is in this process of purifying the blood that the heat of the body is produced. Mr. Brodie, however, and others, think that animal heat originates in the brain.—But of this anon.

The proof of the impurities of the blood passing off by the breath is very easily established, at least in the case of moisture and of charcoal. Breathing on a cold glass will prove the moisture of the breath. Take a quantity of lime water in a wine glass, and breathe into it through a tobacco-pipe, and the lime will take up the charcoal or carbonic acid of the breath and fall down in the form of chalk, or, as the chemists call it, carbonate of lime.

This is one leading point of the "Philosophy of the Breath" established: More in our next.

When the blood has been thus purified in the lungs, it is passed back again to the heart by four different channels, and is poured into its third reservoir, from which it is carried through a door into the fourth, or last vessel of the heart. When this vessel is full, it strongly contracts its sides, and throws its blood with a jet into the large artery which branches out to all parts of the body. It is this gush of blood which is felt in the beating of the heart.

It is worthy of remark, that the branch of the artery which passes to the lower parts of the body does not go directly downwards to the heart, for if it did, the stream of blood from its weight would have too great a velocity of descent—but it passes up from the heart nearly as high as the collar bone, where it makes an arched turning, and passes back behind the heart to the lower extremities. The constant jet of blood, however, against this arch often weakens it, and produces the dread-

ful disease known under the name of *aneurism*, in which the vessel stretches out and forms a sac full of blood, to the great danger of life.

It is in the arteries which carry out the blood from the heart, that the pulse is felt, for the veins do not pulsate. The arteries cannot be seen superficially, in consequence of the opacity of their coats, all the blood-vessels which we see through the skin are veins, except those perceived in the eye.

The arteries, accordingly, branch off to all parts of the body, becoming more numerous and more minute as they proceed, till at length they become so small as to elude our sight, or the powers of our highest magnifying glasses. They refuse, then, when so very small, to admit the red part of the blood, at least we cannot discover it, and here we are compelled to confess our limited powers of investigation:—thus far we can go and no farther. The veins, we have said, return the blood to the heart, and they begin hair-like and minute, in the same way as the arteries terminate; but, we cannot, in any instance, trace the red blood going from the ends of the arteries into the ends of the veins, for the terminations of the arteries do not contain red blood, but a pale roseate fluid, and it is only after they increase in size that this red blood is discovered in the veins. How then does the red blood pass from one canal into the other?—how does it pass from the arteries to the veins?—We cannot tell:—we must acknowledge our ignorance. Theories, indeed, have been got up, and conjectures made about this; but we think it would only be wasting time and tantalizing you with shadows, to detail the fancies of this and the other physiologist concerning what cannot, in the present state of our information, be known.

One thing we know, that the blood supplies nourishment to the body, which would otherwise be daily wasted. We have already seen how the various glands separate their peculiar substances from the blood. As the blood passes through the liver, bile is separated from it; as it passes through the sweet-bread, the pancreatic juice is separated from it; and the stomach separates from it the gastric juice; the glands of the eyes separate the tears; the kidneys separate urine; and in the same way there is separated from the blood the matters which form the bones, the muscles, the fat, the skin, the hair, and other parts of the body—so that by the time the blood has run through its course, and parted with so many different materials, it is considerably impoverished when it returns towards the heart, and, of course, stands in need of being supplied with fresh materials from the stomach-cream prepared by digestion.

*** In our next we shall explain the "Removal of the Waste of the Body."

Diseases from Singing.

The rapidly increasing taste for music renders it our duty to attend to the good and bad effects which it may produce. We have already given one paper on some of the more prominent diseases from practising on certain musical instruments; (page 228.) and we shall now advert to the evils arising from singing. By turning to page 179, you will find some important facts and practical directions for improving and strengthening the tone of the voice, where it is particularly stated, that the exercise of singing drives a greater supply of blood to the organs exerted.

Now this tide of blood may, according to circumstances, either contribute to strengthen the voice, or to produce inflammation of the throat. All depends on the strength of the parts, and the moderation of the singer. If you sing at all, you are certain that a gush of blood will be driven to the throat; and if the blood-vessels are strong enough to bear it, "all's well;" but if not—if they are stretched and swelled beyond their healthy diameter, then slight inflammation, hoarseness, or something still worse, may follow.

The *inflammation* may sometimes be so violent as to cause sharp pain and swelling of the throat, with high fever, great anxiety, shrill, and suffocative breathing, and difficulty of swallowing. There may be little cough, though the hawking and efforts to expectorate are distressing. The face is swelled, the eyes start out as in cases of strangling, and the patient calls for air as if in the agonies of death, which usually occurs in a day or two, unless the disease is subdued. Dr. Brassavoli mentions a case of this kind, which proved fatal in the short space of ten hours; and Dr. Schenck, another case which caused almost instant suffocation. No time ought to be lost in such a case, and leeches to the number of two dozen or more should be instantly put to the throat, and a brisk purgative of Epsom salts taken. The inflammation again may go on more slowly till it end in an *ulcer;* and when the skin is once broken, and a sore formed there, it becomes almost impossible to heal it, and it usually wears out, and proves fatal to the unhappy patient, in the very same way as consumption. Physicians, indeed, call it *Laryngeal Phthisis*, which means consumption of the throat. The only remedy which is likely to effect a cure is calomel; of course, judiciously given. M. Patissier, of Paris, has given us the following.

Two Fatal Cases of Singers.

A professional singer, at the Theatres des Boulevards, at Paris, became affected with hoarseness, dryness, and pain of the throat, a fatiguing cough, and loss of appetite and sleep. He

gradually lost his voice, and became meagre and wasted; till at length, worn out with the irritation and the consumptive fever, he died. On opening the body, his throat was found to be extensively ulcerated, particularly about the organs of the voice, and the gristle of those parts was absolutely rotten, or, as the surgeons call it, *carious*. Morgagni also relates the case of a young man who had a fine voice, and from over exertion in singing, he produced ulceration in his throat. He was suffocated in trying to swallow the soft yolk of an egg. On opening the body his throat was found in one mass of ulceration.

Margurita Salicola-Scevina, a celebrated singer of Modena, told Dr. Ramazzini, that whenever she exerted herself much, she was attacked with hoarseness, and spit up an incredible quantity of phlegm; and was often also affected with giddiness and swimmings in the head.

The effects of singing on the head and brain need not surprise us, if we attend to what is open to every body's observation. Mercurialis, in his work on Gymnastics, well observes, that in singing a high counter, or in a falsetto voice, there is often produced swellings of the head, beating of the temples, starting of the eyes, and ringing of the ears; arising, says Dr. Ramazzini, from the greater quantity of air necessary to produce and sustain an acute tone, stopping the return of the blood from the head—and in all cases flushing the face, and causing the pulse at the temples to beat strongly.

Such are some of the more immediate effects of immoderate exertions in singing; but there are others no less troublesome and dangerous, though care may render them less fatal. All exertions in singing, and particularly bass singing, have a violent effect on the belly and bowels. From frequently taking in a long and deep breath, and stretching all the parts of the belly till some of them give way, and a

Rupture or Hernia

Is the consequence, as was observed long ago by the celebrated Fallopius. Dr. Ramazzini also found this annoying complaint very common among the nuns, who were chiefly employed in chanting and singing; and the same accident often occurs to the monks, who sing in the cathedrals. Ramazzini often found rupture produced in a way precisely similar, in children, who, by exerting their voice in crying, overstretched and burst the muscles of the belly. In such unfortunate cases, which are, we lament to say, but too common, we know of no remedy but a truss. Mr. Cole's truss, of London Bridge, is one of the best, and well deserves patronage.

We request you to remark, that we do not mean that such

diseases attack every body who sings; but we say that they are readily produced by immoderate and incautious exertions of the voice; and, as we have more than once similarly remarked, it will be small consolation to you, if you should be attacked with inflammation, or ulceration of the throat, or with rupture, that Braham, Sinclair, or Madame Catalani, continue to sing and to preserve their health. It has been well remarked, that great vocal ability often demonstrates great constitutional strength, and particularly the power of resisting colds and catarrhs. Amateur singers are always "taking colds;" professed singers very rarely indeed, though they are so much exposed to night air, and in the thin clothing, too, of their stage dresses.

Mrs. Salmon,

For example, in last December, sang at Manchester, on Wednesday; at Leeds, on Thursday; at Sheffield, on Friday; and at Hull, (70 miles distant) on Saturday. This, however, great as the exertion must have been, is not equal to her famous week, in which she appeared on the Monday in London; on the Tuesday, at Oxford; on the Wednesday, in London; on the Thursday, at Oxford; on the Friday, in London; and on the Saturday, at Bath. What strength of constitution, and power of voice, it must require for such efforts!

*** We shall return to this subject on another occasion.

Philosophy of the Hair.—No. 2.

The hair, as we have seen, is composed of a root and a hollow jointed stem, into which a colouring oil rises. From these facts, we can deduce a very rational account of the causes, both of baldness and grey hair—and it is a medical maxim, to which there are few exceptions, that a disease can seldom be cured without knowing its cause. If, therefore, we can give you a satisfactory account of the causes of grey-hair and baldness, we put you half in possession of their remedies, even though we go no farther; or, at the very least, show you why no remedy need be tried. We like to give causes and reasons; were it no more than to expose the folly of the gullable mob, who never think of such things, but if any puffing advertiser assert roundly, that his nostrum will be effectual, they forthwith believe him, while he pockets their cash, and laughs in his sleeve at their credulity.

Causes of Grey Hair.

It is supposed by Dr. Darwin, and others, that the bright white reflected from the winter snow, is the cause of all the

animals in the high northern latitudes becoming white in winter. Even in our own country, this singular change takes place in two instances. The alpine hare and the ptarmigan, or mountain partridge, though brownish grey in summer, become wholly white as soon as the snows begin to cover their places of resort. Dr. Darwin's opinion on the subject seems to have been derived from the camelcon, which is said to take the colour of every object at which it looks. If it look at a grass field, it becomes green; if it look at the sky, it becomes blue; if it look at snow it becomes white. He maintained, accordingly, that it was the action of the white snow upon their eyes, which turned all the polar animals white in winter; and for a similar reason he would infer, that larks are grey, because they frequent sandy fields; and canaries yellow, because they are reared in brass-wire cages. He forgets to inform us how our cattle and our sheep escape being green, or how a painter escapes having his face variegated with all the colours of the rainbow.

On the contrary, we are strongly inclined to believe that the winter white colour of the polar animals is mainly to be attributed to the cold. For if you can so contract, by any means, the skin at the roots of the hair, as to compress the tube, and prevent the coloured oil from rising, there will only remain the dry body of the hair, and it will of course be white. Such a contraction of the skin may be produced by cold, by grief or fear, and by fever and other diseases, and the skin, independent of the hair, will assume a similar appearance to a fowl stript of its feathers. Every body has heard of instances of the hair, by fear or grief

——turned white,
In a single night;

PRISONER OF CHILLON.

and this we conceive is the true explanation of the occurrence. Dr. Parr explains it from chemistry, and thinks that some acid is generated by the depressing passions which whitens the hair, as bleaching liquor whitens cloth. This is, to say the least of it, very far fetched.

Our principle gives a clear explanation why the hair becomes grey in old age, as at this period the skin, like the bones, shrinks and contracts for want of moisture; and the same effect will follow in the young, from any cause, that will make the skin shrink and contract, so as to strangle the hair at its roots, and prevent the coloured oil from rising in its tube. The same principle will show you the utter inefficiency of most of the advertised remedies and preventives of this; as unless, they be directed to the removal or prevention of the cause, it is quite impossible that they can be successful.

Grey hair is, therefore, always a mark of shrunk and contracted skin, whether it be the effect of external causes, such as cold; or internal causes, such as grief, fever, headache, or too much business; and whether it occur in manhood or old age.

There is another cause of grey hair, worthy of mentioning, as of extensive influence, namely, the superabundance of lime in the body. The bones are well known to be chiefly composed of lime, jelly, and oil; but the lime often predominates so much that the bones are rendered extremely brittle: and often, also, bones are formed in the heart, the brain, &c., where they produce serious trouble. The brittleness of the bones is sometimes so great that a fit of coughing will break them. Dr. Good informs us that he once saw an old woman break both her thigh bones by simply kneeling at church, and on raising her up, her arm also was broken.

Now this superabundance of lime in the body is caused by every sort of intemperance and external indulgence, or, in a word, by whatever robs the body of its juices; and it is, consequently, the usual attendant of old age, when the juices fail. When it does occur, the tubes of the hair at the roots seem to be obstructed by this lime: the colouring oil cannot of course get into the stem of the hair, and it becomes grey, dry, and brittle, like the old lady's bones. The same thing has been known to follow small-pox, scrofula, and the venereal disease, which may therefore be also a cause of grey hair.—But the subject grows upon us as we advance, and we must reluctantly leave the causes and remedies of this, and of Baldness, for a future page.

Patronage of Quackery.

Queries Addressed to His Royal Highness the Duke of York; Lord Bexley, &c., respecting Whitlaw.

Quackery, it seems, is now assuming high ground. Not contented with the protection of the stamp act, which authorises the deleterious drugging of his Majesty's subjects by the most ignorant vagabonds, scoundrels, and pick-pockets in the country—it is now couching itself under royal, noble, and reverend patronage; and masking itself in the high pretensions of medical discovery and deeds of charity. We most cordially hope that there is some mistake or misnomer in the business;—something quite unauthorised and unsanctioned. If it is not so, we deeply lament for the honour of the country—for the honour of human nature—that the royals, nobles, and reverends of the land have been deluded into the disgrace of lending their high names to aid a money-making impostor, who a few months ago was publicly

and healing all manner of diseases!! May we remind Mr. Fletcher that there is, at least, this is one remarkable difference in his blasphemous and shocking comparison—Whitlaw makes enormous charges for his trash—eight shillings for a pint of cabbage water, treacle, and Epsom salts!!! We were told, indeed, that he had given away in charity £500 worth of his stuff; but we ask where a poor journeyman gardener, like Whitlaw, had £500 to give away, if he had not made it by quackery and humbug? On the contrary, we know cases in which this Whitlaw extorted many, many pounds from poor families, who could scarcely spare shillings, but who were gulled by such Reverend puffers as Fletcher, even to run in debt to procure the trash, which uniformly, in all the cases we know, made them worse.

Mr. Fletcher showed himself to be equally ignorant with the quack he was puffing, and said he had *himself seen* a young woman cured by Whitlaw, whose head was quite stripped of its skin, and "the arteries and veins wholly exposed to view!!"

A more ignorant, and a more false assertion he could not have made, as the thing is impossible. What also renders his repetition of it the more inexcusable, is, that the absurdity was pointed out in the public papers about two years ago, (e. g. Morning Post, July 24th, 1822,) and we know that he was told of it then. The other cures he mentioned were equally miraculous, and equally incredible.

The Rev. Puffer went on to say, that scrofula was acknowledged by all the Faculty to be, hitherto, a disease "*quite incurable;*" and all the medical authorities and books he had consulted, agree that this is the fact. This is another strong proof either of Fletcher's pitiable ignorance, or his quack-puffing knavery. In the *first* book we accidentally opened, on going home, we found it written: "There are few diseases in which the triumph of art has been more complete. In its worst form, scrofula is to be removed by means, from which not the smallest collateral injury results. In general, its entire eradication from the habit is attended with little difficulty." (Dr. Beddoes's *Hygeia, vol. II. p. 7)* But taking the impudent assertion as true, Mr. Fletcher in the name of the Bayswater Committee, pronounced that Whitlaw's discovery was "an absolute specific, and expels scrofula from the body, as you would expel a lion from his den."—He also hinted, that application is to be made to Parliament for a reward.—We do earnestly hope that Whitlaw's impudence may carry him thus far; as it would completely expose and blow up his humbug.

One thing is worthy of remark, that neither Whitlaw nor

his friends gave any answer to Mr. Rennie's exposure of their impostures; nor have they dared to call any of OUR Statements and exposures in question. They cannot, indeed,—though we wish they would try, as we have still in reserve an overwhelming mass of facts, to confront them with; but they are too conscious of the humbug to venture on such a thing. Let them if they dare.

How to Clean Knives and Forks. By Mr. Hatchard's Footman.

A very simple matter, you will say; but to do any thing well, however simple it may appear, requires much care, and some practice. One thing is clear, you can never eat your dinner comfortably with bad knives. Attend, then, to the following plain directions, which should be read by, or to, every footman to make him expert.

The Knife Board.

Procure a smooth board of deal, lime, or any soft wood, quite free from knots, and free as possible from roughness and unevenness. It must be fixed neither too high nor too low, but so as that you may stoop a little. To prepare it, rub a Bath brick two or three times over it—taking care not to put too much on, or it will make the knives look rough and scratched. It will be still better, if the board is covered with leather, as that will both polish the knives and keep them free from scratches, and from having the edges notched like a saw. Supposing, then, you have a knife-board covered with leather, in order to prepare it, melt a small quantity of mutton suet, and put it on hot with a piece of flannel; over which rub two softish pieces of Bath brick, till it be covered with the powder. Rub this into the leather till all the grease disappears, which may be known by a knife passing over it without being stained.

The Operation.

In cleaning your knives, you should never trifle away the hour by doing one at a time, as you may, by our directions, do two, even quicker than one. Attend, then. Take one in each hand holding them back to back, and standing opposite to the middle of the board, place them flat upon it, expand your arms, sliding the knives outwards, so as just to touch the board Then draw your hands together, bearing a little hard on the edges of the knives, but take care to keep them quite flat. This method will not only enable you to clean your knives, at least, in two thirds less time, but you will be less liable to break them; for good knives very readily snap when pressed too

hardly on the board, a thing often done in cleaning only one at a time. When you have done one side of a pair of knives, change hands with them, still taking eare to keep them back to baek to prevent their edges from striking one another.

After they are eleaned, take the dust off the blades with a *dry* linen cloth, and off the handles with a *wet* one. Spread the dry eloth open in your left hand, take hold of the knife with the damp cloth in your right, then draw it tightly through the left, and then again holding it by the blade in the left, wipe it with the right. Always turn the back of the knives towards the palm of the hand in wiping them; as this will prevent you from cutting either yourself or the knife-cloths.

The Fork Polisher.

You will never elean forks well on a knife-board. Get a small oyster barrel, or any similar thing, and fill it with very fine gravel, briek dust, or sand, mixed with moss or hay. Damp it moderately, and keep it so, and press it well down. Steel forks are best eleaned by being repeatedly thrust into this mixture till all the stains be removed. In order to polish them well between the prongs, have a small thin stiek, shaped like a knife, and covered with leather; and after brushing the dust off them, on removing them from the barrel, use this to all the parts which want it.

You will spoil your knife-board, if you clean forks, or the backs of your knives upon it, as the points of the forks will take out pieces of the wood, and make it rough, and the baeks of the knives will notch the edges of it, and consequently destroy the edge of the next knife that is eleaned on it. To prevent this, have a pieee of old hat or leather to put on the part of the board where you clean your forks or the backs of your knives.

In wiping forks, put the corner of the cloth between the prongs, to remove any dirt or dust that may not have been thoroughly brushed out; and if there should be silver ferrules or silver handles, they must be rubbed with a piece of leather and plate powder, keeping the blades earefully eovered, while the handles are eleaning, that your damp hands may not soil them. If the handles be fluted, let them be brushed clean.

Wiping and Keeping of Knives and Forks.

It will save you mueh trouble, to wipe your knives and forks as soon as possible after they have been used, partieularly after aeids, salads, tarts, &c., as the longer they are left with grease and stains on them, the harder they will be to clean. Have then a jug of hot water, but not boiling, ready to put them into as soon as done with, and wipe them as before.

In order to keep your knives and forks in good condition, rub the steel part with a flannel dipped in oil, which may be wiped off again a few hours after. You must not let the oil run on the hafts as it turns them yellow, and will be hard to get off. Instead of oil, you may dust the blades and prongs with quick lime, finely pounded, and kept in a muslin bag; others use mutton suet—others bran; but bran is apt to attract moisture, and cause rust. After oiling them, keep them in a dry place till wanted.

*** "On cleaning Boots and Shoes, with Receipts," in our next.

Receipt for Gowland's Lotion.

This is a very powerful, but an extremely dangerous medicine, especially when it is applied for the removal of pimples on the face, often producing very severe pains of the stomach and bowels, convulsions, and even death. It ought never to be applied without the best advice, or at least keeping the bowels freely open. For those who are anxious to try its power, and who may like to have it more reasonable than from the advertiser—we have given the following

Genuine Receipt.

Take two scruples of oxymuriate of mercury,
one drachm of spirit of wine;
Rub them carefully together, and put them into the following.
Take one ounce of bitter almonds,
two ounces of sugar,
two pints of distilled water;
Rub them together in a mortar; then strain the milky liquor, and add the first preparation. It may be applied to the parts affected with a linen rag.

At some future opportunity, we shall not forget to take up a more rational method of treating pimples on the face and neck, which are indeed seldom troublesome, but always unsightly.

Marketing Tests of Beef and Mutton.

We have given our eating readers many of the best precepts for cooking meat, and for enjoying the same when brought to the table; but in order to have it good, you must be particular in choosing, for which we shall now give you the most approved directions.

Beef.

Ox Beef is the best sort; but you will require some experience in comparison to distinguish it from the inferior sorts. The

first mark to look at is the colour, which in the lean parts, ought to be of a fine fresh, clear, red, without any tinge of coffee brown or chocolate purple. The fat, again, should have a faint tinge of yellow, but not much, and should not be too pale, and still less dark coloured, which arises from some disease, or unwholesome over feeding. It is a great mistake, that the fatter meat is, it is the better. The artificial modes of fattening, as we shall by and bye see, always produce disease. Never, therefore, choose meat that has more fat than lean; that which has about one third or one fourth of fat is the best, if it stand all other tests. The more open the grain of the meat the better, but without any appearance of sponginess. The fibres should look smooth, plump, and juicy; for if they are rough, irregular, or shrivelled, the meat is old or unhealthy. This is by far the most nutritive meat, because it is by far the reddest. See p. 48.

Heifer-Beef, or that of a young cow, is sometimes preferred by those who think ox-beef too strong. The chief difference is, that it is not so bright a red in the lean, nor has so clear a tinge of yellow in the fat. The fibres should be elastic, and ought to rise up under the finger something like Indian rubber.

Cow-Beef, by which we mean that somewhat older than heifer-beef, is not so open in the grain, though it is firmer in substance than the former, and though it is darker, both in the fat and the lean, than the heifer-beef, it is not of so clear and fresh a red as the ox-beef, but has a more dull and deadish look. If it take a mark from the finger on being pressed, it is not so good, as that proves the fibres to have lost the healthy elasticity of youth.

Bull-Beef, is the rankest and worst flavoured of all, and by a little experience you may know it, by its heavy, rank, smell; but the quickest test is the eye. If, then, the meat you are examining is of a dead, purplish, or blackish red, and the fat, dark, dusky, yellow, you may be certain it is bull-beef. If you cannot determine the point, in that way, press or bruise it with your finger, and if it leave a darkish mark it is bull-beef. It is to be noted, however, that the butcher seldom, and least of all in hot weather, likes the fingering of his meat. As some persons are thought to have an evil eye, so the butchers have a notion that some have an evil finger, which taints every bit of meat they touch. (*Experienced Butcher*, page 153.) The fat of bull-beef is tough and stringy.

MUTTON.

Wether-Mutton, from four to five years old, is esteemed the best sort, and is the most digestible and nutritious. It is reckoned best when fed on a dry pasture, not far from the sea. The

colour of the lean ought not to be too pale, but of a good, clear, deepish red. The fat should be of a clear white, and not tinged with yellow nor black. The grain of the meat should be very fine in the lean, and the fat should be hard and firm. You may know a leg of wether mutton by its having a round lump of fat on the outside of the thigh; the shank bone in the shoulder, also, should be rather stout than slender; and the flesh near the shoulder should be fleshy, fat, and fibrous.

Ewe-mutton has the lean of a paler colour than the former, while the grain is not so open. You will at once know the leg by the udder. The bone of the shoulder is more slender, and the flesh less fat, plump, and fibrous.

Ram or Tup mutton is the worst sort, being close grained and tough, and when indented by the finger, leaving a mark, and showing no elasticity. The lean is dark coloured, and the fat spongy, while the flavour is rank and strong.

In *old meat*, whether beef or mutton, the flesh will feel tough when pinched, while the fat will not readily separate from the lean, but will stick by tough and fibry strings. In young meat, none of these marks will be observed.

John Harrison Curtis, Esq., Aurist.

An old Surgeon asks us, "Are you really in earnest about Mr. Curtis, or merely ironical?"—He adds, "Mr. Curtis takes away both money and health."—We think it is very strange, that his Majesty's Aurist, the very Prince of Ear Doctors, who attends all the Drawing-rooms,a nd presents, in person, splendidly gilt copies of his works on the Ear to the King, could not have his portrait given in the Oracle, without such a distorted view of its real features. Why the "old surgeon" should insist on our calling Mr. Curtis a quack, we cannot imagine.—Is he not a regular half-pay army surgeon, and besides, a Fellow of the London Medical Society, Bolt-Court, while Stevenson was black-balled hollow, at Lincoln's-Inn Fields? Mr. Curtis, indeed, sports advertisements of his lectures and his books on the Ear; and he gets up a Charity Sermon now and then for the Royal Ear Dispensary, as Whitlaw does for his Quack Asylum of Bayswater; and he lives in Quack Square, near Jordan and Dr. Eady. But in the name of legitimate Aurism, is this quackery? Mr. Curtis likewise uses blue pill; but he learned that from Abernethy. Is Mr. Curtis then a Quack?—"That is the question."

Qualities of Dried Peas.

Peas have very different properties according as they are used in a green or in a ripe and prepared state. It is in the latter

form we are here to consider them. The chief dishes in which peas are used in England, are pease soup and pease pudding, both of which are favourite dishes in the navy. In some parts of Scotland pease flour is made into coarse cakes, either alone, or mixed with barley or oaten flour; and it is also made into hasty pudding, and eaten with milk or butter. (See p. 247.) It is singular, that this dish should agree so well with some weak and diseased stomachs, that it is the only food which can be taken. We have known several individuals who have dragged out a few years on this alone, when no other food would lie on the stomach. On medical or chemical principles the fact is unaccountable and inexplicable.

In most people, peas, when eaten copiously, are productive of flatulence, heart-burn, and costiveness. They contain, indeed, a considerable portion of starch *, and must consequently, be nutritive, when digestion is sufficiently vigorous to reduce them. They only contain a very little gluten; but their mucilage is strong and viscid, and is often indigestible. The skin or husk of the dry pea is as indigestible as the chaff of wheat or the shell of a filbert; but some are of opinion that when ground among pease flour, or pease boiled unsplit, till the husk is dissolved, are less apt to produce costiveness and flatulence, in the same way as wheaten bread is esteemed more wholesome with some of the bran in it.

Qualities of Arrow Root.

This is a substance procured from the root of a species of reed †, and introduced a few years ago from India, as affording a highly nourishing food for invalids. It was at first sold at the extravagant price of eight shillings a pound, but is now greatly more reasonable, though it is still high. It differs in properties so very little from the starch of potatoes, which is much heavier than common starch, that it is seldom to be procured genuine—a matter indeed of little moment, except so far as the price is concerned. We are of opinion, that the nutritive properties of arrow root or of potatoe starch, are too concentrated for the easy digestion of the weak, and ought to be mixed with bran flour, or crumb of brown bread, to correct their viscidity, and prevent costiveness.

*** In a future page we shall give the method of preparing the starch from potatoes, now sold by the name of Arrow root; and also the best way of preparing it for the sick.

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* M. Einhof found 1265 parts of starch in 3840 parts of pease flour. See Crell's *Annalen der Chimie.*

† It is called by Botanists, the *Maranta Arundinacea.*

THE FAMILY ORACLE OF HEALTH.

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NOTICES.

Gratis Prescriptions and Advice to Subscribers.

[*Age; habit of body and of living; occupation, causes, progress, previous treatment, and the time complaints have continued, must be stated, and sent on or before the 24th of the month.*]

R. D. S. of Norfolk, is informed that we shall certainly have Mr. Farr's works in next Number, when Sir Cancer Aldis shall be duly noticed.

Tuisco, Lombard-street, must use the cold water, as at page 127, for at least six weeks, abridge his sleep to 8, or at most 9 hours, and above all keep his bowels open. There can be no such eye-water as he requests. His complaint is partly nervous, and partly in the blood.

V. L. A. is informed that we have not yet had leisure to dissect Carrington; but we warn him of the danger of using so violent a medicine as the Life, or rather Death Pills. He will find many useful Directions for his Complaint in various parts of the Oracle.

We are sorry that we could not answer V—, Islington, sooner. We refer him to our answers to L. M. in No. 8. The medicines he has used, being stimulant, could be of little benefit, and may have done much harm. The blister must be his sheet anchor. Beware of Nostrums.——A Constant Reader's Remarks on the Hair are excellent.

J. S. B. Finsbury-square, is informed that the cold water is perfectly safe, we ourselves having used it with great benefit, for many months, for a similar complaint. His objection he will find does not apply. He may try the bandage. The Receipt, page 183, is excellent for wind. See also 308.——J—s W—t, of Aldgate, will find our "Stomach Comforter," page 24, or the Receipts, page 367, excellent.

A. M. A—, of Yarmouth, will find a practical Plan of reducing Corpulence, at page 55, &c., and a hint at page 370. Sugar, cream, butter, and long sleep, are bad; the flesh brush and bathing with vinegar are good; but it is a difficult case.

R.N. of Huntingdon, should try a two months' course of the Pills, p.191, or rigid Training No Wash can do good without these.——A Lover of Rational Recreations, Norwich, will see "Mr. White" shewn up, p. 366. Common Pomatum is as good as any thing he can use.

P. S. R, of Hemel Hempstead, we must, with much regret, refer to p. 244, hoping we may be wrong. Try Dr. Heberden's Receipt, page 247. If this does not do, try three grains of blue pill, which every child will eat every second night, and work it off with the Aperient, page 267.; or try Injections. We thank him for his valuable hints.

B. H. of Bath, may be assured that his complaint is Nervous, and that neither blistering nor cupping will remove it. Try the Pills, page 191, for six weeks, and use a little oil of almonds for the dry ear. A glass of wine can do no harm.

B. G. of Edinburgh is informed that we shall take up Grey Hair and Hair Oils very soon.

George C—, of Banner-street, can scarcely expect a Cure, as the complaint arises from Old Age. Try the Receipts, page 218.——An Admirer of the Oracle may try the Receipt page 183, for at least three weeks, twice a day, and then tell us how it succeeds.

A Constant Reader, Oxford-street, may try the Receipt page 183, and occasionally one of the Pills, page 191. We shall feel obliged by his communications.

"Fair Play" shall be attended to.——W. T. we refer to page 365, paragraph 1st.

P. C. W—d, of Newgate-street, seems to have chronic disease of the spleen, which, we fear, will prove obstinate. We should recommend a trial, for a few weeks, of the Pills page 191, one every third night, with the Draught, page 183, every morning after breakfast. Let us know how this does.

A Subscriber, who has "Indigestion," should, whenever it forms, destroy the acid in his stomach, which alone causes the spasms, headache, and eructations, by the Stomach Comforter, page 24; or, what is stronger, the Receipt, page 183. This for temporary relief; but he may hope for a permanent Cure by keeping as far as he can to the Training Rules. See also page 251.

W. S—, G. S—, D. B—, O. C—, Mirza—S—, of Hull, G. R—, of Dover, H. R. S. of Leeds, &c. &c. will see their Requests attended to in this Number and next.

"An Old Surgeon" of Gawood, Norfolk, has given us some curious Anecdotes of Curtis. Was he really rejected by the College for ignorance? Was he only a drug-boy at Haslar Hospital? Ah, Squire Curtis! We shall have you now. If you have no medical title, and but a little Nisbetian knowledge, the law will not protect you from the scourge which we have applied to Whitlaw and Mother Johnson. Pray, how did Curtis get into the Medical Society, Bolt Court? and being in, how do they not institute a Scrutiny to purge their Corporation? We shall not lose sight of the "Prince of Aurists!!" Stevenson too we shall be at anon; and shall be glad of the promised Hints.

B. M. is referred to our answer to V— above.—Others too late.

April Diseases, and the Means of Escaping Them.

I see around me the wide fields revive,
With fruits and fertile promise, and the spring
Come forth her work of gladness to contrive,
With all her reckless birds upon the wing.

If ye would be well—if ye would have your heart dancing gladly, like the April breeze, and your blood flowing like an April brook—up with the lark—"the merry lark," as Shakspeare calls it, which is "the ploughman's clock," to warn him of the dawn;—up and breakfast on the morning air—fresh with the odour of budding flowers, and all the fragrance of the maiden spring;—up from your nerve-destroying down-bed, and from the foul air, pent within your close-drawn curtains; and, with the sun, "walk o'er the dew of the far eastern hills." There is something in the morning air that, while it defies the penetration of our proud and shallow philosophy, adds brightness to the blood, freshness to the lip, and vigour to the whole frame:—The freshness of the lip, by the way, is, according to Dr. Marshall Hall, of Nottingham, one of the best marks of health, and we shall attend to it most particularly, when we come to the philosophy of the lips. In the mean time, we must defend the morning air from the aspersions of those who sit in their close—airless studies, and talk of the chilling dew and the unwholesome damps of the dawn. We have the facts in our favour that the fresh air of the dawn is uniformly wholesome—and having the facts, we pitch philosophy to fools who have nothing better for a foot-ball. How would Jackson or Capt. Barclay stare, were a prim philosopher to ask them if they did not consider the morning air rather a little too damp and coolish for training!

One morning, we allow, or even a dozen mornings in succession, may occur, when, for the delicate invalid, it might be improper and hazardous to venture abroad. This caution can never apply to those who are in health, and who wish by exercise to prevent disease—provided always that they attend most carefully to the standing rules of training, (page 216,) which every person should attentively study, and have as pat as his multiplication table.

The prevailing diseases of April, are, among children—hooping cough, measles, and catarrh;—and among adults, rheumatism, gout, colds, and bowel complaints, with an increase of the diseases of long standing, consequent on the keenness of the spring winds. To most of these prevalent dis-

eases, we have more than once adverted. In April, however, they suffer a considerable change in character, which requires a similar change in the treatment. This arises from what we must call, for want of a more accurate expression, the *bracing* influence of the preceding cold weather. When inflammation, therefore, threatens or actually attacks—the system will in general be better able to bear the loss of blood, than at the close of the summer or autumn, when it has been *unbraced* by the preceding warm weather.

In colds, then, and also in measles and hooping-cough, when the breathing is oppressed, or the cough troublesome, leeches may be freely applied to the chest. Fewer than ten or a dozen leeches, (as we shall by and bye show,) can seldom do any good; and in adults, three times that number are in most cases required to prove in the least beneficial. To blister any child under three years of age is a very desperate remedy, and the chances are a hundred to one that the blister itself will prove fatal independent of the disease. The lancet, is in most cases, particularly in towns and cities, little less hazardous. In the country it may be used with more freedom. Of all the diseases, however, of this period, consumption is the most prevalent, and it requires our utmost care to discover, and check it in its insidious approaches before it become hopelessly confirmed. We shall therefore now tell you what we consider to be

The best Means of Checking a threatened Consumption.

When you first observe an oppressive languor and listlessness, and particularly, a feebleness on going up a stair or a rising ground, accompanied with the pearly lustre of the teeth and of the white of the eyes, mentioned at page 292,—then is the time to be on the alert, and to stop short, if possible, the ambuscading march of this fatal disease.

To Draw the Disease off from the Lungs,

You must first attend to the skin, and get the disease (to speak popularly) to the outside as soon as you can, by bringing the infected blood to the surface. Blistering is the most violent means for this purpose; but it is not perhaps in all cases more powerful than constant and long continued friction with the flesh brush, and bathing the whole body with warm vinegar, at least twice a day. This, *if properly persevered in*, will draw a surplus of blood to the skin, and will, of course, prevent it from accumulating in the lungs, and causing inflammation and cough. Or, if need be, the blister may also be tried along with these; or a warm plaster on the chest.

The next channel by which you may draw off the surplus blood from the lungs, is the bowels. For example, a dose of Epsom salts with senna, or any of the prescriptions at page 86, will stimulate the inner coatings of the intestines in the same way as the flesh brush or the warm vinegar stimulates the skin. An increased stream of blood will consequently flow to the bowels, and will throw off part of its water in the same way as it does in perspirations by the skin. The stools will, of course, become more liquid and copious, and the blood will be partly diminished in quantity; and partly enriched in quality by this loss of its water, carried off by stool. Purgatives, therefore, or rather laxatives and aperients, as at page 86, will tend to relieve the lungs from a load of blood, while they do not much weaken the strength of the body. Violent purgatives, however, must be avoided, as the general strength will be much injured by them, and the disease will be accelerated.

Effects of Bleeding in Consumption.

For this reason, we strongly deprecate bleeding from the arm in a beginning consumption, unless under the circumstances of a naturally robust constitution, or at least under the advice of a skilful and cautious Surgeon. A bold or active practitioner may, and often does much mischief. A large proportion, we are convinced, of those who die of consumption have been literally murdered by the lancet at the beginning of the disease:—weakened, in a word, beyond the chance of recovery, by draining their best blood, the loss of which may without doubt, relieve the lungs for a time; but which their powers of digestion must be unable to replace when it was again wanted, to support their sinking strength.

This caution, however, applies less strongly to loss of blood by leeches. If you take blood from the arm, you partly empty all the veins between the lancet wound and the heart; but this can have little immediate effect on the lungs which are not in this rout; whereas, if you put two or three dozen leeches on the chest, you must empty many of the vessels in the vicinity, which will naturally shrink and contract their diameter, and they may probably remain so. This seems to be the most plausible reason for the superiority of leeches over the lancet;—but however it may be explained, the fact is certain, and that is more important than the explanation.

Food, Drink, Exercise, and Clothing for the Consumptive.

The diet of those threatened with consumption should be chiefly confined to the white meats, such as rabbit, chicken, and veal, avoiding beef, mutton, pork, and all fat, salted,

and high seasoned meat. Because, the white meats supply less blood than the red, and have therefore less chance to stir up inflammation, which always arises from an overflow of blood in the part inflamed. Salted and high seasoned meats, again, are too stimulant; and fat or butter is also apt to derange the stomach. Greens and watery vegetables are also bad. Wheat, rice, and potatoes, are better. Biscuit is better than bread.

By attending very carefully to what we have here laid down, and by taking daily, though not violent, exercise in the open air, on horseback if possible; by wearing silk, and taking care of slight colds, a threatening consumption may, in many cases, be checked in the bud, and the patient saved, at least for the time. But should cough come on, and increase, and the disease in the lungs go on to ulceration—we fear there is but slight hopes of a permanent cure; though we shall now mention a powerful instrument of relief, and show you

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How to Prevent or Relieve a Consumptive Cough.

Our method applies chiefly to consumptive coughs, which are accompanied by expectoration: in dry coughs its action is less powerful and apparent. But before coming to the remedy itself, we shall give you a hint of the philosophy on which it is founded, according as it was first sketched by Dr. T. Reid, whose reasoning has been so woefully neglected by our fashionable Doctors.

Cause of a Consumptive Cough.

What, you may ask, causes a cough? We answer, that in the case of consumption—(for there are many other sorts of cough) — it is occasioned by the phlegm accumulating in the lungs, and producing irritation. The natural, or as we may say, instinctive anxiety to clear the throat and lungs from all obstruction, in order that the pure air may reach and purify the blood, gives rise to repeated efforts to throw off this phlegm—and such efforts are made by coughing. We must, for the present, pass over the different causes of nervous cough, asthmatic cough, and coughs originating from the liver, the stomach, the bowels, or the heart. We pass these over, but shall not forget them. We can make the thing plainer by keeping to consumption.

Removal of the Cause of Cough.

Having, therefore, found out the immediate cause of consumptive cough, we have only to discover the means of removing the cause, in order to prevent the cough; and it

will also follow, that if we cannot effect the entire removal of the cause, yet in whatever proportion we can remove it, we shall, in the same proportion, diminish and relieve the cough, which is an object of great importance, even when the disease is quite incurable. This, it is evident, must be effected by forcing out from the lungs as much of the phlegm as possible. Unfortunately we have no means of acting directly on the lungs, as we have of acting on the stomach, or the process might be easy. The purpose, indeed, can be aided a little by inhaling the steam of water, which will dilute the phlegm, and render its expulsion more easy, but the effect in this way cannot be great; for there is neither much water in a large quantity of steam, nor can it be condensed into water, except by a greater degree of cold than it will meet with in the lungs: the steam will consequently return by the breath, without leaving much of its water to dilute the phlegm. We say nothing for the present of tar-vapour, and the inhaling of gases.

Since we cannot, then, reach the lungs directly, to free them from the tough accumulated phlegm, we must have recourse to indirect means; by far the most powerful of which is the rather unfashionable prescription of an emetic. We hope, however, that unfashionable and unpleasant as an emetic may be—our subscribers who have felt the harassing of a consumptive or catarrhal cough, which exhausts the strength, deranges the stomach, and often brings on severe headache, to say nothing of its threatening to prove fatal—will easily be persuaded to make trial of our

Powerful Cough Preventive.

Take from twelve to twenty grains of ipecacuanha,
in powder,
a table-spoonful of the infusion of chamomile
flowers:

Mix, and take immediately, any time between five and seven o'clock in the morning, in bed. This dose may be diminished or increased, according to its effects. One, or, at most, two operations will be sufficient.

The operation will, in most cases, be over within the hour; after which the patient should take a short sleep, and, on awakening, may have breakfast in bed; and afterwards, if able, may rise and take his morning exercise. The effect should be to prevent, or greatly relieve the cough during the day; but if this again prove troublesome at night, the preventive should be repeated an hour before bed-time, in the same quantity as in the morning.

Explanation of the Relief.

To convince our intelligent and philosophic readers of the rationality of this practice, will, we hope, be an easy task. The lungs fill the greater part of the chest, and are separated from the stomach and bowels by a strong partition, which may be likened to the head of a drum, called the midriff, or *diaphragm.* When the lungs, in breathing, are filled with air, this partition is pressed down, and descends; when the air is again expelled, the partition is pushed upwards. All this, however, is done gently and orderly.—But during the operation of our cough preventive it is not so.

The stomach is placed so immediately under the partition of the diaphragm, that if the one moves, the other must be affected. Now, our cough preventive produces in the stomach nausea and sickness, and spurs it on to throw off the disagreeable and oppressive load. The stomach accordingly makes a strong effort, and in doing so, strongly pushes up the partition of the diaphragm against the lungs, which it squeezes, and consequently presses out the phlegm from them as you would do water out of a sponge. The phlegm thus squeezed upwards from the lungs into the wind-pipe, causes a tickling there, and a slight effort of coughing brings it up in a mass.

The lungs, thus freed—or in a great measure freed—from the tough and irritating phlegm, will not again be tickled into coughing till another mass of phlegm is produced, which, in most cases, will require from twelve to twenty-four hours before the repetition of the preventive shall be necessary; and the patient's day, instead of being harassed by incessant coughing, and continual expectoration of small portions of the phlegm, is spent in comparative ease; and what is still of more importance, the night also is spent in sleep instead of coughing.

It may be objected, on theory, by those who have not tried it, that vomiting once or twice a day will injure the stomach and impair the strength. The fact is not so, but the contrary; for it improves both the appetite and the strength; and being sure of this, we are the less anxious for a plausible account of the how and the why it does so. But we can give one very probable explanation:—If you will look back to page 315, you will find, that the blood, however abundantly renewed by digestion, is of no use, so long as it is not purified by the touch of fresh air in the lungs. It follows that, on removing, by our cough preventive, the phlegm accumulated in the lungs, we clear a passage for the fresh air to reach and to

purify the blood, and we, consequently, in this way, give the most powerful aid to the bodily strength.

Dr. T. Reid was so fully convinced of the value of this remedy, that he deemed it—and with great justice—the only hope of obtaining a permanent cure in consumption, when advanced to the stage of cough, with expectoration.—The possibility of a permanent cure of consumption on these principles, we must reserve for our next. We expect that it will obtain an extensive trial;—for though it may be disagreeable at first, a few days will render it more tolerable, and, at the worst, it is nothing to the harassment of the cough, or to the weakness caused by unpurified blood. The cough preventive has also many other useful effects, which we shall carefully mark in our next paper.

Economy of a Bachelor.

Though our title leads us to direct our chief attention to *Family* Economy; yet we should be sorry to exclude any thing which may be of utility to our other subscribers, many of whom we know are living, and likely perhaps to live in "single blessedness." This, as being unnatural, we would not, however, be understood to sanction; as there cannot be a doubt that it is highly unfavourable to health and long life, two things which it is our principal aim to promote. But circumstances will occur to prevent individuals from taking advantage of the law of nature, and for such we give the following genuine estimate—reserving for an early page the injurious effects which an unmarried life produces both on bachelors and old maids; with such medical means as shall seem proper to counteract these.

Expenditure of a Bachelor, who has a hundred guineas a year.

Yearly Expenses for Clothes, &c.

	£.	s.	d.
One Hat	1	2	0
One Coat, with repairs	4	0	0
Two Waistcoats, ditto	1	10	0
Two pairs of breeches, ditto	2	10	0
Two pairs of shoes, ditto	1	10	0
Three shirts, ditto	1	11	6
Three neckcloths	0	9	0
Three pairs of stockings	0	12	0
Three handkerchiefs	0	4	0
Yearly	13	8	6

Daily Expenses.

	£.	s.	d.
Bread	0	0	4
Meat	0	0	8
Butter and cheese	0	0	4
Tea, sugar, and milk	0	0	4½
Vegetables	0	0	1½
Beer	0	0	4
Fire and candles	0	0	6
Washing and mending	0	0	4
Furnished lodging	0	1	6
Pocket money	0	0	6
Daily	0	5	0
Five shillings a day, is a year	91	5	0
Yearly expense, as above	13	8	6
Whole yearly expense	104	13	6

Ladies' Diseases.

The agony of gout, or the torture of toothache is bad, and very bad, as the unfortunate sufferers well know; but the more violent a pain is, it usually comes the sooner to an end, and the hope of this is some consolation in the midst of the greatest distress. There are, on the other hand, many minor miseries, which though they are little in present amount, yet from their daily or hourly visits, become more harassing, than even an excruciating pain whose visits are few and far between. It has been discovered by those who have studied the infernal art of human torture, that the most exquisite torment that can be inflicted on the human body, is that of placing the head so that a drop of water may constantly fall upon it; and this, we think, furnishes a strong illustration of what we have called minor miseries: it was to the same no doubt that Solomon referred, when he compared a Scold to a "continual dropping." As the complaints to which we refer, though exceedingly troublesome, have been seldom mentioned in books on medicine, we shall take up a few of the most prevalent and discuss them in succession, for the benefit of our fair readers, whose delicate constitutions and sedentary habits make them the most frequent sufferers, though they now and then pick out a victim from the sickly or effeminate of the robuster sex. We begin with perhaps the very worst of minor diseases—

The Fidgets.

As the word is ambiguous, we beg leave to exclude from our present notice all reference to inconstancy of thought or purpose; and, in short, all fidgetty affections of the mind. Our concern at present is wholly with the body and its feelings, though those who have never felt the bodily fidgets, may form a more clear notion of them by referring to the mental fidgets, to which they bear a strong resemblance. The symptoms of the disease are a painful feeling of something akin to weariness or fatigue, which may be either general over the whole body or confined to the arms and legs—most commonly the latter. This feeling prompts to a restless and unsatisfied change of place and position, with the expectation (which is always disappointed) of finding ease from the change.

The Causes.—Some of our doctors, such as Darwin and Good, who have turned their attention to this disease, have very erroneously concluded, that it arises from an overflow of nervous power in the parts affected, which gnaws at the limbs to put them in motion, in order that it may be properly used. Among all the medical errors which we have been doomed to read, this is one of the grossest. We shall therefore hand over Dr. Mason Good to Queen Mab, and he will do well to carry along with him Darwin's work, which misled him; while we prove the very reverse of his doctrine, namely, that the fidgets are always caused, to speak popularly, by an exhaustion and deficiency of tone in the limbs affected*. The proof is easy. If you take exercise, in hopes of removing the fidgets, you infallibly increase the complaint; if you take rest, and firmly resist the propensity to change the posture of the limbs, you cure it for the time. The cause then is clear, that the fidgets arise from the *fatigue*, and not from the rest of the muscles and nerves affected.

If a delicate lady, accordingly, sit all day at her work table, or spend eight or ten hours in practising on the harp or pianoforte, she has every chance to have a severe fit of fidgets both in the arms and legs during the evening; because, though the muscles and nerves have not been in very active motion, they have been more fatigued than if they had, by being kept on the stretch. That this keeping on the stretch is more painful than violent exercise, you can prove instantly by holding your arm stretched out from your body for about 10 or 15 minutes, which will infallibly produce a fit of the fidgets even in the most robust, and this disproves irrevocably and irresistibly the erroneous explanation of the doctors, who say the fidgets are caused by rest.

* We are supported in this by Dr. Lentin, Beobacht. Der Epidemischen Krankheiten, p. 47.

The Cure.—Having thus satisfactorily traced the cause, and proved it experimentally by showing you how you may, at any time, produce an artificial fit of the fidgets in fifteen minutes—we must now tell you how to cure it. We must confine ourselves, however, to simple cases; for when, as often happens, it is caused by worms, slight sores, itchiness, &c. we must strike at once at the root of the complaint, as we shall afterwards see.

To cure the immediate fit, which is often very distressing, rest is decidedly the most powerful means. Lying on a sofa, and keeping the limbs immoveable, will often be effectual in about half an hour or less. If a more immediate remedy be wanted, we recommend the

Sedative for Fidgets.

Take half a grain of acetate of morphine,
two ounces of clarified syrup.

Mix, and take a tea spoonful as occasion requires; but not oftener than once every three hours. Twenty drops of laudanum will also do.

These means will cure any single fit of fidgets, but when the fits are frequent and distressing, the cause must be discovered and removed; and as the disease depends much on weakness and relaxation in the tone of the parts, nourishing diet must be taken, avoiding slops, soups, white meats, and watery vegetables; and persevering in exercise and the use of the flesh brush.

This disease is a universal and constant tormentor in boarding-schools; and as it lays the certain foundation for scrofula and consumption, we shall give this early and serious attention.

The Science and Art of Sleeping.—No. 2.

By Care, lay heavie Sleepe, cousin of Deathe,
Flat on the ground, and still as any stone;
A very corps, save yeelding forth a breath;
Small keepe, took he, whom Fortune frowned on,
Or whom she lifted up into a throne
Of high renown; but, as a living death,
So, dead alive, of life he drew the breath.

Earl of Dorset.

Right, my Lord of Dorset, care and sleep are close companions; and nobody ever so grossly belied sleep as Young, when he said she "flies from woe, and lights on lids unsullied with a tear." On the contrary, "Tir'd Nature's sweet Restorer" is, as has been well remarked, the only soother of woe, and never ceases to hover round the pillow of distress till she calms its agitation. You may easily explain this, if you have carefully conned what we have said, (page 299.) of the philosophy of sleep. The first effect indeed of woe, or agitated

feelings, is to increase the flow of blood through the brain, and of course, to prevent sleep; but the deeper the grief, and the more quickly the stream of the blood runs, the sooner it will fatigue the mainsprings of its motion, whatever these may be, and will come to a pause; so that on the principles above laid down, sleep must ensue on the current in the brain becoming slower. Sleep, therefore, certainly never "flies from woe." In order, however, to take up our subject thoroughly, we shall now consider a little more at large,

The Preventives of Sleep.

The most common preventive of sleep may be traced to the stomach, which is, by many, unwisely set to work at bed time, and kept at it for the night. If you eat, you must digest; and active digestion requires the nerves of the stomach to be in full play, while they in turn require the assistance of the brain. Now, if you eat a hot heavy supper—or, which is the same thing—a late dinner, you cannot in any conscience expect to sleep;—for just as the stream of blood in the brain is beginning to make its natural evening pause, your heavy supper, or your late dinner, stirs it onwards in an increasing current, which nothing has any chance of safely stopping again, except the stomach pump. Opium, indeed, will do, but not safely; for it will stop the digestion as well as the current of the blood, and after a dose of opium your supper will, in the morning, be a corrupted mass, which will probably bring you in for a fever, or a fit of gout, if not for jaundice or apoplexy. Well, you must not think of opium then, in such a case, and you must either try the stomach pump, or the old Roman plan of an emetic (see page 171.); or you must dispense with the supper.

A more agreeable plan would be to have supper early—at least three hours before going to bed—in which case the heavier work of the stomach would be completed, and it would then allow the nerves and the brain to be quiet, and the blood to diminish its velocity.—But we must not anticipate.

Tea, is by many, bitterly accused as a preventive of sleep, and it may be so in the following way: In the first place, the hot water of the tea passes immediately from the stomach into the blood, (pages 19, and 132.); and by making it thinner, must facilitate its current through the body. In the second place, the tea acting as a stimulant to the nerves, spurs them into activity, and increases the flow of blood into the brain, much in the same way as we have seen in the case of the supper. That tea has not always this effect, depends on the peculiarity of constitution. Some, for example, may have their blood so thick that all the water of a bason or two of tea may

not be sufficient to thin it; and others may have nerves so dull, that the tea may spur without rousing them. Such cannot have their sleep prevented by tea. The same remarks apply to cold, as another strong preventive of sleep; and particularly, cold feet. Your head may be as cold or as thinly covered as you please; but be careful of your feet, if you can procure wash leather or fleecy hosiery socks, with silk ones over them, when necessary. The invalid and the sedentary ought always indeed to sleep with silk socks, if lamb's wool is too warm or disagreeable. We warn you earnestly, that cold feet are the cause of the most serious diseases; for leaving sleep out of the question, what would you say to a fit of apoplexy, or a fatal inflammation of the bowels, or a rapid consumption; all of which may be caused by cold feet. Cold applied to other parts of the body is of less moment, provided the feet be warm.

Next to suppers, tea, and cold feet, the reading of novels is the most common preventive. Sleep, like hunger, has its regular habitual hour of coming on; and if that is passed, it goes off as hunger will do under the same circumstances, and it may be hard to bring the blood to its pausing point again for several hours. Now, independent of other evils caused by novel-reading (see page 176.), it almost uniformly breaks in on the habitual hour of sleep, and consequently must banish sleep for part, or for the whole of the night. This is not all, for if the story is at all interesting or terrific, it will hang about the memory, and keep the thoughts astir, and the blood in full stream for the remainder of the night. In such a case, you may bid adieu to sleep, or at least, to refreshing sleep, undisturbed by dreams; and broken and troubled sleep, is in many cases worse than none at all.

As tending to produce similar effects, we must not omit scheming, speculating, and studying, all or any of which will keep the stream of the blood at full speed, in defiance of all the sedatives or opiates ever contrived to retard it. The action of these is more immediate than suppers or tea, which acts first on the stomach, and then on the current of the blood. If you begin a speculation at bed time, or enter upon any deep study, the effect on the brain is immediate: it sets it a buzzing, and the blood a flowing, and farewell sleep till both are quieted. If you want therefore to prevent sleep—(which, by the way, is sometimes useful)—you must instantly begin some scheme or some speculation, and your brain will catch it like touch-wood, your ideas will expand, and you will soon have a goodly array of affairs to arrange which will effectually "murder sleep."

*** We shall next lay down the way to procure sleep.

Diseases from the Use of Drugs.

Did you ever take a dose of Epsom salts, or a calomel powder?—If you have, you must have some notion of what we mean by diseases from the use of drugs. The Epsom salts irritate the bowels till a rush of blood comes thither, which gives out part of its water similar to what occurs in perspiration on the skin, and this water is forthwith passed by stool. But if the bowels had been irritated a degree farther, by a stronger dose, the consequence would have been a greater rush of blood to the bowels and immediate inflammation, which is often caused by this very drug, Epsom salts, when taken in large doses, or for a certain criminal purpose but too well known. We do not say—far from it—that Epsom salts should never be taken; but we say they ought only to be taken in small doses, and never to produce gripes, which are nothing less than the first twitches of inflammation of the bowels.—The most commonly abused drug, however, is

Calomel;

Which is, we are bold to say, the sole cause of a large proportion of both the diseases and the deaths in this country. We have frequently before alluded to this, (see page 189.) but we think it of great moment to keep the subject before our readers. Listen then;—As the Epsom salts act upon the bowels, in the same way calomel acts upon liver, by irritating it, and drawing to it a superabundance of blood, which causes an overflow of bile, and probably inflammation of the liver itself. The bile flows in full stream into the bowels—irritates them like the Epsom salts— and produces purging, or perhaps something worse. If the dose is increased or continued, it will produce the same effects on the fountains of the mouth, (see p. 9.) and swell or inflame all the glands;—even the kidneys will be thus stimulated, and probably injured by this calomel.

It will appear plain then, that calomel is capable of producing very serious diseases, even when given in its ordinary doses; yet all our readers know that it has become the staple remedy of the drug shop—and every man, woman, and child in the land is drugged with it the moment they apply for medicine, and every ignorant apothecary's boy is entrusted with making it up into powders. But we write in vain:—the ignorant and the self-willed continue obstinate, and will none of our counsel, and turn away from our reproof. It is but seldom, indeed, that the destructiveness of this dangerous drug can be proved; but we have on record a recent case of

A Child poisoned with Calomel by an Apothecary of Liverpool.

We are grieved to think that the highly useful and honour-

able profession of the art of healing should be so legitimately, and illegitimately, made the instrument of disease and death, rather than of health and long life. At the hands of unprincipled quacks—at the hands of draught-multiplying apothecaries—shall many lives be required. The blood of thousands is on the heads of those apothecaries, who—for the purpose of money-making—send in their two—four—or six draughts a day; or who give calomel—destructive calomel, to infants and children in all diseases. An anxious mother, in Liverpool, applied to an apothecary, to give her something for her ailing child. A calomel powder was prescribed, as usual. The poor child, instead of becoming better, grew worse. Another calomel powder was of course given, which, in a short time, put an end to the sufferings of the little patient, who was pronounced by the coroner's jury, to have been poisoned by calomel!!

Parents, take warning by this awful case, and banish from your houses the calomel-apothecaries! For our own parts, we should prescribe a six weeks' dose at the tread-mill to every apothecary who gives calomel *indiscriminately*, to either children or adults. We say indiscriminately, for in some important cases, calomel is a very valuable medicine. So is arsenic; but because arsenic is a powerful remedy for ague and leprosy, is it therefore to be given as calomel now is, in every trifling ailment? Most surely no.

Diseases of Infants and Children.

It is an easy matter to detect the very first signs of ailment in infants and children; and the first signs should always be attended to, as it is then, chiefly, that we can do most good in the cure. Remember it therefore as a rule without exception, that a child will never fret, cry, or appear uneasy, unless it be hungry, tired, or ailing: crossness from being spoiled, is of course another affair, but is easily distinguished. Hunger and weariness can also be easily noted, by the time and other circumstances. Disease then is always more or less impending, when a child frets, droops, looks languid, and refuses to be amused. In such cases, you should attend most carefully, and watch the progress of the complaint; which cannot perhaps be so soon determined, though it be certain something is wrong. As the early symptoms then, of the more dangerous diseases of children are of the most moment to be known, and warded off, we shall here sketch the

First Signs of Water in the Head.

Among the first threatenings of this alarming disorder, we place *costiveness*, which refuses to give way to the ordinary

doses of purgative medicine. The urine is also passed in smaller quantity. If a child be thus affected, you ought always to suspect a beginning water in the head; for though you may be wrong, no harm can ensue, and much good may be done. The reason of this costiveness, and scantiness of urine—which increases with the disorder—is, that the watery part of the blood which should pass off by the bowels and the bladder, is thrown out and collects in the brain. Now as soon as the smallest portion of water is thrown out upon the brain it presses it, and consequently squeezes and blunts the feelings of some of the nerves at their very source, while other nerves, from the same cause, appear to become more irritable. The consequence is, that the child grows sluggish, heavy, and spiritless, and has a dislike to all amusement, any attempt at which only teazes him, and causes him to fret. He dislikes to be noticed, shuns his playmates, becomes silent and stupidly vacant, and avoids the light as disagreeable to his eyes, which appear dull and lustreless, while his colour grows every day paler, and he walks unsteadily. This is caused by a feeling of giddiness produced by the water beginning to press on the brain. Every step, indeed, seems to be laborious to him, and he will often raise one foot as if he were stepping over a threshold, or totter and stagger as if drunk. Again:—

If these signs of beginning water in the head are very far different from the child's usual habits, it makes the danger more certain. For example, if, from being a lively spirited child, he become dull, morose, and suspicious; if, from being habitually loose in his bowels, he become costive; if his urine—hitherto copious and pale, become scanty, deep yellow, or throw down a sediment; if he have formerly been restless in his sleep, and now doses suddenly without a sleeping draught; if, from having been open and volatile, he become grave and earnest in his manner; and if from having perspired profusely on eating, drinking, or slight exercise, and most of all during sleep, he have now a dry-skin—if these signs, we say, or any of them, are distinctly observable—you may be almost certain that water has formed, or is forming on the brain.

In very young infants, the earliest observable signs are frequent vomiting, drowsiness, but not like healthy sleep, particularly after food, starting from sleep with a cry or scream, and an irregular pulse.

Causes of Water in the Head.

We hesitate not to censure in the strongest manner the ignorance of the legitimate blunderers, who call themselves physicians and apothecaries, and say that water in the head is

an inflammatory disease. It may be so in some cases, without doubt; but whenever it is so—whenever inflammation occurs in water of the head, it is a secondary effect, caused by the pressure of the water, and he who takes away blood to subdue this secondary inflammation, must increase the original disease by increasing the debility on which it uniformly depends. Thousands of children, and thousands more have thus been hurried prematurely to their graves by the rash lancets of legitimate murderers; we can call them no better. We know a case in which one of those ignorant practitioners, by trusting to his text book, and disregarding nature, bled his own child, who showed symptoms of water in the head: the event was the usual one; the poor child sunk and died in convulsions. But nothing will forewarn an ignorant and obstinate fellow—proud in his own conceit, and trusting to the scrap-learning of his text book.

Water in the head, then, we say, like dropsy, or like water in the chest, is always caused by weakness, and weakness only; whether that be produced in the poor child by cold—by want of nourishing food—or what is much the same, by food too strong and nourishing for his powers of digestion. It is wrong to wrap up children too much; but it is equally wrong to expose them too much to cold, under the notion of making them hardy. It is wrong to starve children, or to deny them all animal food, and feed them wholly on slops and puddings; but it is equally wrong to cram them at all times with roast and boiled, and with all the tit bits and sweet things brought to table. Above all, tarts made with rancid butter, and cakes and pastry made with unwholesome dripping, should be sternly prohibited. It is a rule without exception, that a child may have as much good plain bread or biscuit without butter as he chooses: he will never over eat himself with this, unless he is tempted by the addition of sugar or butter.

Much has been written, and very foolishly, about hereditary diseases. We cannot at present take up the general subject; but with respect to water in the head, said to be hereditary, and to run in families, we may say, that it is on a par with scrofula, consumption, and gout. That is, the child inherits from his parents a certain constitution of head as he inherits certain features of the face; but most of all, he inherits a degree of weakness and debility, from which, bad nursing and bad management may produce water in the head, which good nursing and good management may equally prevent.

Cure of threatened Water in the Head.

The symptoms above laid down must be attacked at the very first, or the disease will rapidly become hopeless and incurable.

To restore the strength should be our first aim, as the disease proceeds from weakness; but we cannot do this till we get rid of the costiveness; for digestion cannot go on, and new blood cannot be prepared from food, while the bowels are wrong. The first thing to be done, therefore, is to excite the bowels to a healthy action by trying the

Aperient for Children.

Take three drachms of sulphate of soda, and melt in a spoonful or two of infusion of senna; add some peppermint or cinnamon water, with sugar to taste:

Mix, and repeat it every four hours till the bowels are opened.

If this be ineffectual after one day's trial, we should then endeavour to stir up the action of the liver by mercury, which will strongly assist in opening the bowels, by pouring out into the intestines a superabundance of bile. The following is good:—

DR. HEBERDEN'S *Purgative for Children.*

Take one grain of submuriate of mercury,
four grains of powdered jalap;

Mix with a little jelly, and repeat it three or four times a day with the above aperient on the morning after it operates, to work off the superabundant bile.

If the bowels remain obstinate, the dose may be increased one third, and a common glyster given. If, on the contrary, the medicine operate too violently, give a glyster of starch with a few drops of laudanum in it; and begin next day in the same way as at first. The strength is to be carefully supported by light and nourishing diet, and the perspiration of the skin promoted by friction, particularly on the back and belly. Cream of tartar in any quantity should, if possible, be also given in the patient's food and drink, in order to promote the urine; or if he dislikes it, let him have the

Diuretic for Children.

Take three to six drops of the tincture of muriate of iron,
a table spoonful of peppermint or cinnamon water,
a little sugar;

Mix and repeat every four hours. You may increase the dose to six drops if you find it answer.

Cheerful and active amusements, with as much exercise as possible in the open air, are very powerful aids in the cure, and ought never to be omitted. Bathing the feet every night in warm water should also be attended to. A cap blister to the whole head has also been found of great utility.

*** We shall take up the more advanced stages of Water in the Head, and the possibility of curing it at another opportunity.

Lancet Deaths. By Professor A. Duncan, Junior, of Edinburgh.

From the very birth of our little publication, we have not ceased to lift up a warning voice against the dangers of blood-letting, which in these islands yearly kills its thousands. If our warnings are lost upon you, listen to a medical professor, in the most celebrated medical university in Europe, and president also of the Royal College of Physicians. This is no mincing tale. It is not a string of cases uniformly successful, like those of Sir Cancer Aldis, Dr. Seud—Amour, or the *august* Dr. Bozzi Granville, who could, by his infallible prussic acid, transform Fleet-ditch into the pure fountain of Helicon. It is a fair confession of lancet murders—professionally perpetrated and professionally confessed. This is bold. The man must have felt his security, or he could never have ventured it. Such a confession would have been absolute ruin to Clutterbuck, or Birkbeck, or Lidderdale, or any of the second or third rate men in London.

1st Case.—Hugh Snell, aged 60, was bled in the Royal Infirmary, by order of Dr. Duncan, for *diabetes*—a disease of the urinary organs, on the 8th of January, 1820. The arm inflamed, became tense and swoln, and the pain was so exquisitely severe, as to deprive him of sleep. The inflammation ran rapidly into mortification, which extended to the breast, and proved fatal on the 17th, nine days after the bleeding. As diabetes is clearly a disease of debility, we ask Dr. Duncan, why he bled this man at all? It is of no use to tell us that the late Dr. Watt recommended it, for he, poor man, was lancet-mad.

2d Case.—Ann Ralston, aged 23, who had long been a martyr to scrofulous sores, and who was also attacked with diabetes, lost, by order of Dr. Duncan, sixteen ounces of blood from the arm, on the 24th May, 1821. She was seized on the 26th with great pain of the arm about the lancet wound, with sickness and vomiting. The lancet wound closed, but the pain continued. Thirty ounces of blood were ordered to be taken from the other arm, but only twenty-five could be procured, as she became very faint. The pain continued to prevent sleep, and it swelled more and more. Mortification succeeded, and, as in the former case, spread to the breast and side. She died on the 31st, seven days after the first bleeding. On dissection, the flesh of the arm was quite black and reduced to a corrupted pulp. Why did not the first case deter Dr. Duncan from this baneful practice? The second bleeding evidently hastened the death, as she died two days sooner than poor Snell.

3d Case.—Michael Dogherty, aged 31, a labourer, was admitted into Queensbury House Hospital, with fever, on the 24th April, 1821. Twenty ounces of blood were taken from the arm. Soon after it was attacked with severe pain, extending from the shoulder to the fingers, and accompanied with much inflammation and hardness. Mortification came on, and extended all over the back, and at the small of the back a large slough of skin and flesh mortified and fell off, leaving the part raw and black. He died on the 30th day after the bleeding. This case is not so bad as the two former, at least it does not seem so on paper. The bleeding, however, was clearly improper.

Dr. Duncan gives several other cases of a similar kind, which, though they did not actually prove fatal, had but small chance of recovery. Dr. Abercrombie is another of the Edinburgh Doctors, who stands high in the school of the illustrious knight of the lancet, Sangrado. We intend to exhibit a few of his lancet deaths anon, for the benefit of all whom it may concern.

Desk Diseases as contracted in Counting Houses, Libraries, and Public Offices.—No. 5.

We had not forgotten, though we intermitted this very popular and interesting series of papers. We cannot, indeed, take up any subject more fitted to our pages; for our readers must be well aware, that we must adapt our advice to circumstances in order to do any good. It is very easy to write a book on indigestion, or on diseases of the liver, and lay down the causes of these, and what should be done, and what avoided; but all such general treatises are in a great number of cases useless, because they come not to particulars. They do not tell of the indigestion of merchants and accountants and men of letters; but of indigestion in general, which is applicable perhaps to no class of men whatever. The way in which we have particularized such subjects completely obviates this difficulty and makes our rules useful, while those of others are wholly useless. As we have taken indigestion for an illustration, we shall postpone our promised continuation of Desk Headaches, &c., till another opportunity, and take up the prevalent complaint of

Indigestion.

Pressure of the liver, by a stooping position at the desk, we have already seen (page 190.) produces a series of trouble-

some bilious and liver complaints, which often render life miserable, and often prove the fore-runners of dropsy and death. The stomach, also, partaking of the same injurious pressure, becomes seriously deranged, and habitual indigestion is often the consequence, with all its harrassing train of troubles. To those who are only falling into this state of a disease, so extremely difficult to cure, that it often baffles the skill of the wisest—we think we shall do a favour by sketching the early signs of its coming on—and, by giving them timely alarm, put them on their guard before it is too late.

First Signs of Indigestion.

Merchants, accountants, or literary men, who have been in previous good health, will at times feel their food lie heavy, like a load, upon the stomach, and this may probably be accompanied with flatulence and belching; but the inconvenience may only be temporary, and may go off in a day or two. If such preludes of the disease, however, become rather frequent in their visits, we caution you to be on the alert to ward off the enemy, and save your stomach; for as the stomach is the very source and mainspring of health and vigour—nay, of life itself;—if you, through neglect, allow its powers to be weakened beyond repair, all pleasure will be at an end, and existence itself will become a burden.

When these symptoms have begun to recur once a month, or once a week, the complaint, you may be certain, is fast forming into a state of difficult cure. The mouth becomes clammy, the tongue white or brownish; the appetite is impaired; there is considerable thirst; and the feet are apt to be cold, even when the weather is not uncomfortable. The first strongly marked symptom which makes its appearance is depression of strength, or great feebleness and languor, both of body and mind. Thinking becomes oppressive, and exertion painful; while wandering nervous pains all over the body, and most disagreeable belchings and eructations succeed. Sleep is also uncomfortable, and disturbed by dreams, or goes off altogether. At this early period of indigestion, also, the dislike to motion and exertion often induces the patient to forego all exercise, and to sit when he should walk, which almost to a certainty brings on in the legs a severe fit of the harassing complaint, described above under the name of the Fidgets.—(*see* page 339.)

In this state of things, costiveness (*see* page 273.) is most to be dreaded. The stools are always of an unhealthy appearance, sometimes they are dark, sometimes light, sometimes nearly black, sometimes whitish and similar to clay; some of the

causes of which we have mentioned at page 190. The urine also may either throw down a sediment of a pink or brick-dust colour, or may be turbid and full of white flakes, (*see* page 221.) If the bowels are loose, the urine will usually be pale and abundant; if costive, the urine will be high coloured and scanty.

The other symptoms of beginning indigestion are almost innumerable. Among others, we may mention flushings in the face, with a florid complexion similar to that of drunkards; or in some a sallow colourless paleness; nervous and sick headaches; dimness of sight and spectral objects floating before the eyes (page 254.); and ringing and noises in the ears. Pains in several parts of the chest, somewhat like rheumatism, are often felt, or even in the shoulders, the arms, the loins, &c., all depending on the derangement of digestion. The mind becomes also very fretful and irritable.

Cure of Indigestion.

The early stage of this troublesome malady, but too well known among those employed at the desk—does not require medicine so much as regimen. It is unfortunate, however, that the proper regimen is, from circumstances, out of the reach of many who would willingly try it. Such must use medicine, and we shall presently prescribe for them; but we must first impress upon our readers the necessity of complying with regimen as far as they can.

Regimen.—We take credit to ourselves—and high credit too, for introducing an entirely new, and by far the most powerful and efficacious regimen ever devised for invalids. We mean the art of training, which was never, so far as we know, treated medically and philosophically till it was introduced into our pages. We have the high satisfaction of knowing also that it has not remained a dead letter; but that many of our readers, who had despaired of ever recovering strength by medicine, have, in a few weeks, regained the vigour of youth by adhering rigidly to our training rules; and that others, who had not an opportunity of following them all, have received much benefit by observing those of diet, drink, and friction only. When the thing becomes more known, the attention to it will, we are convinced, become universal among invalids. Those afflicted with indigestion cannot too soon begin to train.

Medicine.—For those who cannot find conveniences for training, we must prescribe what is next—but very inferior in efficacy—some sort of medicines. The first thing indispensable to be done, is to clear the stomach and bowels, which may be done by taking the whole dose of the prescription at page 171,

at night, followed by the pill, page 84, or the draught, page 86. Then go on with the

Tonic Pills for Indigestion.

Take one drachm of myrrh, and rub it up with
half a drachm of subcarbonate of soda, add
half a drachm of sulphate of iron,
half a drachm of sugar:

Make into a mass in a mortar, and divide into thirty pills, two to be taken thrice a day.

If these have no effect in a week or a fortnight, try the tonic draught, page 178, or the strengthening pills, page 192.—Leeches, to the number of not fewer than twelve, applied over the stomach, and followed by a blister, are very powerful in nervous indigestion.—*(To be continued.)*

Art of Gymnastic Training improved, and applied to Strengthen the Weak and Nervous.—No. VII.

The grand aim of the Art of Training, is to impart the highest possible proportion of health and vigour to the body; but while this is in the progress of being accomplished, there are certain other affections produced, which it is of some moment to attend to, both as confirming the principles of the art, and satisfying the person trained, that he is going properly to work. Before giving you the history of these, however, we shall step aside for an instant, in order to treat you with some good hits on the

Importance of Training. By Jeremy Bentham, Esq.

We do not affirm that Mr. Bentham wrote what we are now to give you with his own hand, no more than we affirm that he writes for, and partly conducts, the Westminster, or Radical Review. But if he did not write it himself, he certainly caused it to be written, either by dictating the words, or by suggesting the ideas. We state this precisely, because we know Mr. Bentham to be as greedy of praise for his productions as Cicero was, though it is surely a great mark of weakness in a philosopher. See, for example, how he is bepraised in his own Review; and how his coadjutor, Bowring, has beflattered him in the European Magazine, &c.!! But to the point.

"Such," Mr. Bentham says, "is the sympathy of the mind with the body, that the infirmity of the one is the feebleness of the other: mental strength—clear moral discrimination—noble feeling—never did, and never can, exist in a crazy constitution—in a frame feeble and tottering, tormented with

'cramps and side-stitches, that pen the breath up.' To think clearly, therefore, to feel generously, and to act vigorously, man must be in health *."

"Persons take most judicious care of their horses. They observe what conduces to their strength as animals; they neither neglect them on the one hand, nor pamper them on the other. They diet them—they groom them—they exercise them, in the manner which experience shows to be the best adapted to put them, and keep them, in good condition; that is, to give them the greatest firmness of muscle, combined with the greatest animal courage and vigour. But look at man:—

"His health, as an animal, is entirely neglected. He is neither lodged, nor clothed, nor dieted, nor exercised, with a view to give to his bodily frame the greatest strength, and to maintain it in the utmost perfection. The ancients were wiser. The training rules were not confined among them to pugilists and gladiators. Every body observed them. Their baths, their anointings, their exercises, their games, were all clearly designed to nerve the body—to arm it against the vicissitudes of the seasons, and to render them capable of sustaining every kind of fatigue, and every degree of privation.—On the contrary—

"The men of the present age are a sickly and nervous race. Their muscles are feeble, their joints are less firmly knit, their step is less elastic, their countenance is more pallid, their whole appearance is that of a physically weak and degenerated people, compared even with their forefathers."

We claim the merit of reviving, in some degree, this consummation so devoutly wished for by Mr. Bentham. We have, at least, put the means in the power of our readers to recover their lost strength, by the Art of Training; and if they do not try it, if they do not gain strength—the blame must be their own—we have done *our* duty.

Effects of Training on the Body.

The first observable effect of rigid training is precisely what we might have anticipated, an increase of heat with thirst and slight headache, in a word, a sort of feverish irritation all over the body. Look back to pp. 48 and 49, and you will see that it is the property of the red meats, such as beef and mutton, which the trainers use, to cause feverishness, because they produce so much strong blood and vigorous nourishment.

* The truth of this is disproved by the fact, that many of our great writers have been sickly for life. Dr. Adam Smith, for example, Dr. Johnson, Pope, Cowper, Paley, Prideaux, Voltaire, Rousseau, &c. EDITORS.

Those who commence training, however, must not be alarmed at this, as it will seldom last more than a few days. While it does continue, the exercise may be somewhat less; and if costiveness be troublesome at the same time, as it usually is, it must be attacked with salts and senna, as before ordered. The feverish heat and thirst is best allayed for the *nonce*, by cold washing or bathing.

In modern training, according to our rules, these are the chief unpleasant effects; but as it was somewhat different in the ancient training, it may be necessary for us to explain this, lest any of our readers, meeting with the facts, might take alarm and be deterred, in consequence, from beginning to train. You are to remark then, first and chiefly, that in modern times, no disease nor disagreeable effect has been observed in those who have been trained, which could be traced to the training as a cause. Secondly, that less can be drawn from any accident of this kind, from considering that a great portion of those who have undergone training have led very irregular lives. This was almost uniformly the case with the ancient athletæ, and from this alone we are persuaded an unfavourable opinion was produced among the ancients.

Accordingly, we are told by Hippocrates, Galen, and other ancient writers, that the athletæ were peculiarly prone to disease; particularly to apoplexy, bursting of blood-vessels, and to a general lethargy. It is to be remarked also, that the ancient athletæ and gladiators, besides leading debauched and dissolute lives, were exposed in their pancratia, chariot racing, combats with wild beasts, &c., to many severe accidents which cannot readily occur with us, and therefore we need take no alarm at the accidents to which we cannot be exposed.

In a word, we may conclude in general, that the character, powers, and in some degree the constitution of the body is entirely changed, and its habits altered from corpulence to leanness, from weakness to vigorous health, and from being short-winded to a state of activity, capable of sustaining unwearying exertion. In this way, the same individual who, before training, became breathless and giddy on the least exertion, has his health not only improved, but shall, perhaps, be able to run thirty miles a day, with the fleetness of a greyhound; to walk a hundred miles in a shortness of time scarcely credible; or to excel in all the manly exercises.

Time required to Train a Man into Condition.

This depends very much on the state and habit of the body before commencing. Some men can never be brought into high condition, as it is called, in consequence of previous

habits or disease; but if a person is in moderate ordinary health, and not too corpulent, he may be trained into good condition in from one to two months. One month, it may be remarked, is the shortest time, and few—very few can be trained within that period; while many will even require three months or more, particularly when corpulent and full in flesh, which are the worst circumstances a person can be in for health, vigour, and long windedness. Those who train for running, require less time than those who train for the ring.

*** On the effects of Training on the Stomach, the Bowels, and the Head, in our next paper.

Philosophy of the Breath.

So early in our little publication as page 9, we mentioned that one great cause of bad breath arises from a superabundance of what chemists call the *phosphate of lime* existing in the fluids of the mouth, and forming crusts on the teeth, but too well known by the name of tartar. The tartar, besides being of a very bad smell itself, affords a lodgment for particles of food, which not only corrupt, but unite with the phosphate of lime in the saliva, and tend much to increase the disagreeable smell, which the warm air passing out of the mouth in breathing takes up and carries with it. In by far the greater number of instances of bad breath, this is the chief cause.

We wish that a remedy were as easily come by as the explanation; but to devise an effectual one often baffles our best skill. In all cases of bad breath, it will be important to examine the teeth, to remove those which are hollow, and may therefore lodge a quantity of the phosphate of lime, and to clean regularly those which are sound with the tooth-brush (page 296). This, however, will only be a temporary expedient, and will not go to the source of the evil, namely, the superabundance of phosphate of lime in the saliva, which must be remedied, if possible, constitutionally. For this purpose, we recommend the

Radical Remedy for Bad Breath.

Take from five to ten drops of muriatic acid, in
an ale glassful of barley water, and add
a little lemon juice and lemon peel to flavour:

Mix for a draught to be taken three times a day, for a month or six weeks at least, and if effectual, it may be continued occasionally.

Another medicine of this kind, which has often proved very

beneficial when the stomach has been wrong, and the bowels costive, is the

Draught for Bad Breath with Costiveness.

Take one drachm of sulphate of magnesia,
two drachms of tincture of calumba,
an ounce and a half of infusion of roses:

Make a draught to be taken every morning, or every other morning, an hour before breakfast, for at least a month.

Other circumstances important to be known respecting the physiology of the breath will be better understood after we have explained in what manner the waste and refuse of the body is carried off—a subject of much interest, and involving many of the leading causes of health and disease—though it is not very easily followed by general readers, and we must request a stretch of attention from you while we describe the

Removal of the Waste of the Body by the Breath, &c.

One proof of the wearing of the body must have been observed by every one. On combing the hair, a great number of white scales fall from the head; and in wearing black silk stockings, they are often found covered on the inside with similar scales. The same would be seen, indeed, in every part of the body were it not that circumstances prevent their being observed. These scales are portions of the thin and insensible scarf skin, which has been worn and detached from its place. In the heads of infants, they sometimes become glued together by the matter of perspiration, and adhere again to the skin in form of a blackish grey crust. In cutting our hair and nails, we remove part of what is superfluous, but the loss is immediately supplied again from the blood.

In all the interior parts of the body, the same process of wearing is going on as we have just exemplified in the case of the skin; but as the scales or the minute portions of fluid cannot be thence removed, like the scales of the head, or the sweat of the brow, a system of vessels, called by surgeons, the *absorbents,* is contrived to act the part of scavengers, and clear the body of its waste. (see page 312.) Of course these are found in all parts of the body. They run like the veins, in the direction of the heart, and uniting in a common canal, which enters the vessel that carries the digested food into blood, where all the refuse and rubbish of the body collected in their course is emptied. This waste must accordingly pass into the blood, and it is carried with it to the lungs, and removed by the breath, as we have already seen. (page 315.) Of course the breath be-

comes loaded with much impure matter, thus carried off from the blood in the lungs.

This is one part of the process, but it seems we are still very much in the dark on this subject; for it has not occurred to any one, so far as we know, to examine with sufficient minuteness, the nature of these worn materials, which are thus carried off. It is very probable, though we know little of the details, that much of the waste of the body is carried off by the skin and the bowels. Great perspiration will soon emaciate and reduce the strongest man; and we know that in many cases children are much reduced by bowel complaints, which continue most profusely for days together, even when no food or drink whatever has been taken, whence this could have been derived. In this case we are wholly ignorant of the how. Mr. Abernethy, in his lectures, mentions the singular case of an infant which was born with its gullet quite closed up, so that it could take nothing by the mouth; yet its bowels were as regular as those of a healthy infant, and it lived nearly a fortnight. This cannot, in the present state of knowledge, be accounted for.

Changes and Repairs of the Body.

We are at all events certain of the facts above stated, and it has been computed, though upon no very accurate data, that the whole body is completely repaired, or changed, in the course of every seven years. We much suspect, indeed, that this number seven has no better origin than the ancient division of human life into periods of seven years; because, forsooth, there are seven planets, or because the world was created in seven days, or for some equally absurd reason. The change and repair of the body must, if we consider it rationally, vary very much in different circumstances of age and health. We see how long some are in recovering their looks and plumpness after severe illness, and we see how rapidly others recover. The recovery is wholly effected by the materials supplied by the blood in its course, for repairing the worn parts of the bones, muscles, and skin, which have been carried off by the breath, and otherwise. Religious scepticism, which is always on the watch to borrow or to steal the aid of philosophy, has started from these facts, a question as to personal identity at the resurrection; for, says the sceptic, since the body is so often changing its substance, whether will it be raised at the resurrection in a state of youth, of manhood, or of old age? We cannot enter farther upon this discussion, but whoever chooses to examine it, will see that it is founded, like many others of the same sort, on a verbal quibble;

and it would not be very wise to frame a grave argument to oppose a quibble, or to attempt to refute a sneer or a witticism by philosophical reasoning.

Important Action of the Absorbent Vessels.

It is worth remarking, that the vessels which remove the waste of the body take up *solids* as well as fluids, and by this property they become in some measure the modellers of the shape during our early growth; for while the arteries are bringing along with the blood the materials of bone, and laying it down on the outside of a bone, the absorbents are removing part of the inside of the same bone to make room for the addition. In this light, Mr. John Hunter considered the absorbents as the builders of the animal fabric, or as the polishers of the rougher workmanship of the blood-vessels.

As the absorbents can remove, even bone, as is seen from the edge of the bone of a cut off limb being smoothed and rounded off, Mr. Hunter conjectures, that they must have mouths and teeth similar to entire animals; but we cannot think the conjecture happy, as the process is more probably chemical; such as that which takes place in the stomach of the dog which can digest bone. Take an illustration from insects.

M. Reaumur, a curious and accurate inquirer, observed a butterfly which he had in his study, alight on a piece of lump sugar, unwind its spiral tube, and begin to feed on it. Now it was evident it could not draw up any sugar through its long narrow tube, till it was dissolved, no more than the absorbent vessels can take up bone, till it be dissolved. By careful observation, the naturalist found that the butterfly actually discharged upon the sugar a drop of liquid which dissolved a portion of it, and fitted it for being sucked up. The absorbents, indeed, have not been observed thus to dissolve the solids which they take up; but it is more probable that they do so, than that they are, according to Mr. Hunter's conjecture, furnished with teeth.

Our philosophy of the breath therefore, abstruse and difficult though it be, will now appear, to those who carefully examine what we have said, distinct and clear. We shall, on some other occasion, mention how wine, onions, garlic, tobacco, &c., infect the breath, and why the breath of many smells of garlic though they never eat it.

On the Music of Frying, with an air for the Piano-Forte. By Dr. Kitchener.

The celebrated ventriloquist, Mons. Alexandre, among other

feats of Belly-vocalism, performed so skilfully the frying of an omelet, as to whet the stomach, and bring water into the mouths of all who heard him. We have not yet been informed whether Dr. James Johnson, the learned editor of the Medico-Chirurgical Review, can render audible the frying of fish in his belly, though he is assured, he says, that the fish which he eats are positively fried there by his absorbent vessels! We are equally ignorant also, whether the olfactory nerves of his journal* (what a strange creature it must be!) are keen enough to scent out the savoury fumes of a sole or a turbot, while undergoing the process of belly-frying, though they are ever ready (for a bonus of crumbs, it is said) to act the part of a sleuth-hound to Sir A. Cooper, in finding, unearthing, and worrying at his literary enemies and pilferers. One thing is certain and wonderful, that whereas Mons. Alexandre is understood to have only *imitated* the sound of frying in his stomach, Dr. Johnson fairly *performs* the frying itself in the very centre of his bowels. If we had not his own words to bear us out, we should, no doubt, be looked upon as utterly mistaken:—but as it is, we must consider the Doctor's bowel-process of frying fish to be the *ne plus ultra* of scientific cookery.

Our friend Dr. Kitchener—who being a wag, has an instinctive *goût* for all kinds of innocent absurdity, from the trolling of a Go-to-Bed-Tom catch for four voices, or the swallowing of a night-cap for supper, down to the tickling of a fat oyster—could not let slip so admirable an opportunity of turning his musical talents to account as the same two instances of belly-frying. The sound was so whetting, so mouth-watering, indeed, that poor Kitchener was overpowered with the sensation, and could not stand it at the time; but as all men of genius, according to Ugo Foscolo, in his Essays on Petrarch, execute their great works from memory and fancy, and never from a first perception—so Kitchener, who having left Mons. Alexandre and Dr. Johnson to fry their bellies full—hastened home to execute the sublime and novel project of a frying air, with accompaniments.

The agitation produced in his stomach, however, by the savoury sound, drove away all his remembrance of the sound itself; raising a doubt whether the Doctor can, at least according to Foscolo, be a man of genius at all; for, before he

* Our *Journal's olfactories* are not, thank God, apt at smelling out unsavoury suits.—Dr. Johnson's *Med. Chir. Rev.* March. p. 978.

could bring his phrenological organ of musico-genetiveness into proper tune, he was compelled to refresh his memory with a bubble and squeak, by broiling beef and cabbage under his own *ear*, till his whole kitchen rang again with the music—

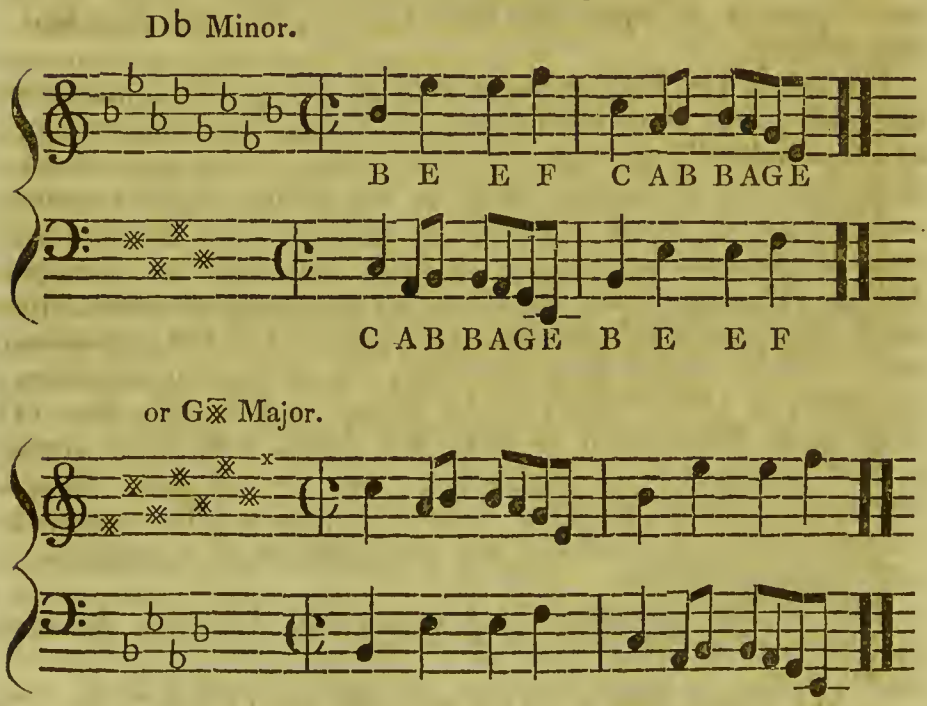
> While midst the frying pan, in accents savage,
> The beef, so surly, quarrel'd with the cabbage.

Dibdin's revered piano-forte was applied to with all haste to translate this frying music into an air, and when the bars were at last satisfactorily arranged, then—O then! like old Nick, in Burns's Tam O'Shanter, the Doctor

> ——— glowr'd and fidg'd fu' fain,
> And hotch'd and *hegh'd* wi' might and main;
> *And slapp'd the keys*, and gar't them skirle,
> Till roof and rafters a' did dirle.

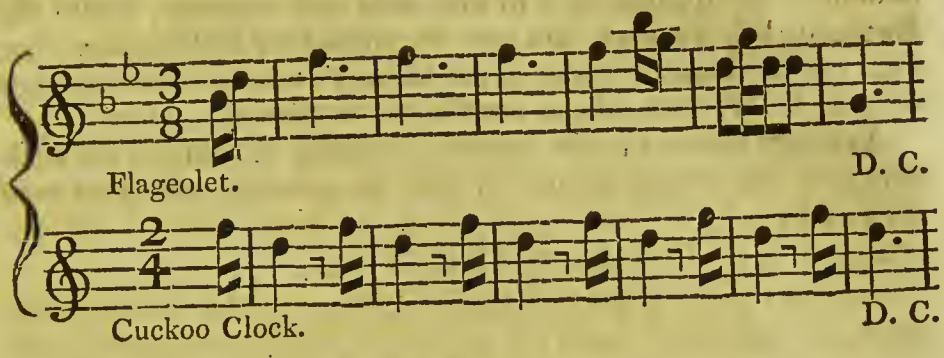
We deem ourselves fortunate in being able to present our readers with a score of this extraordinary piece of kitchen music, with the Doetor's last corrections, from a genuine copy given to the head cook of our committee dinners, by the Doctor himself. Here it is—

A Kitchen Melody.



This, we find, is much the same as the score which Dr. Kitchener has himself published in his receipt for bubble and squeak, in the last edition of Apicius; but by the advice of Rossini he intends to add the following accompaniment, which,

it will be observed, is in admirable counter-point harmony with the original theme, as any one may prove by trying.



Scots Economy. By Mr. Wallace.

A Scotsman is proverbial for his economy; and there must be some truth in an opinion every where entertained out of Scotland. His economy, however, is usually confined to a particular line of saving; in many things he is more extravagant than either the English or the Irish. The Englishman's extravagance —(we speak chiefly of the lower and working classes)—centres in his belly, while he cares little how his head be furnished or what clothes he wears. The Irishman's extravagance centres in whiskey and idle gew-gaws, while he is—not economical, but downright penurious, to his craving stomach, to whose "signals of distress," as Dr. Kitchener calls them, he turns a deaf ear. The Scotsman on the other hand, though he wisely regards his stomach as the well-spring of life, yet it is upon eatables for the most part that his economy hinges; and out of his savings on breakfasts, dinners, and suppers, he takes care in the first place to store his head with knowledge; and in the second, to procure respectable garments for his outer man; and upon either of these he will lay out his last penny without a grudge. The Englishman would think himself miserable without a roast or a pie for his Sunday's dinner; the Irishman without his Saturday night's taste of the *crature* and his bauble for his sweetheart; and the Scotsman, without a respectable suit of clothes and something in the head to think about, would never dream of roasts, pies, nor whiskey, so long as he could but obtain the former.

We cannot now spare room, or we could tell how the young Scotsman will save his shilling a week to add to his *respectability*, by procuring a watch for his pocket or an eight day clock for his cottage; or to add to his *knowledge*, by paying for evening school lessons for himself or day school lessons for his children. This, in the end, turns out to be by far the best economy; for

in accordance with the often quoted maxim of Lord Bacon, that "knowledge is power,"—the hard earned knowledge of the Scotsman often raises him to influence and affluence, while the Englishman's savings laid out on roast beef and Sunday pies, and the Irishman's spent on whiskey, lead to nothing—not even to bodily strength, at least equal to that of the Scot.

As a key to one of the secrets of Scots economy, we shall here give the receipt for one of their best dishes, which we may well call a

Standard Cottage Dish.

Put into an iron pot or saucepan, four quarts, or two Scots pints, of soft water, with a half pint of Scots barley and a table spoonful of salt. Cover it up close and set it over a brisk fire; watch it while it gets gradually hot, and keep skimming it till it boils. Then put in five or six pounds of mutton—a small leg or shoulder, with the bone previously snapt, and the fat pared off, or a neck or breast will answer best. Along with the mutton put in three large onions, and let it boil up again. Then if the fire be too strong, put it by the side to simmer, for about an hour or more, till the meat be done, when it may be taken up to prevent it from being over boiled. You must now put in four good sized turnips and a small carrot, cut into pieces the size of a nut. Let the whole simmer again until the vegetables are thoroughly done. Have lying in water two fresh leeks; which being minced with a bit of parsley, must be put in half an hour before you remove it from the fire. The meat should be returned and boiled again, for five or ten minutes to make it hot. It is to be remarked that more water is to be added from time to time, to keep the broth from becoming too thick.—We shall give you another excellent receipt for

Economical Scots Broth and Boiled Beef,

By which, a small family may be most cheaply, comfortably, and wholesomely dieted:—Procure six pounds of brisket beef, taking care that it be not too fat, and divide it into three pieces of equal size. Rub the whole well over with salt, to which may, or may not be added, a halfpenny-worth of saltpetre. Put it into a salting dish with a cover over it, and turn it every day. On the fourth day, take one of the pieces and wash it well, laying it to steep in water for half an hour, then put it into an iron pot or saucepan with two quarts, or one Scots pint, of soft water, a tea cupful of Scots barley, and two onions. Put it on a brisk fire till it boils, then lower the fire and let it simmer gently, till the meat be done, which must then be taken up to prevent its being too much boiled. Put into the broth three

turnips and one small carrot, shred as in the former receipt, with a fresh leek and a sprig of parsley. When boiled enough, it is ready. This broth, when well managed, will not look thin and watery, but will be of the bland consistence of the best grot gruel. The remaining pieces of beef are to be used in the same manner, only steeped in cold water a little longer to take out the salt.

The superiority of this method is, that you have most excellent boiled beef, and at the same time a large quantity of excellent broth; whereas, the poorest person in England, in cooking a bit of corned or salted beef, would throw away the pot liquor as useless—though in the Scots way it can be made into the best and most delicious part of the dinner.

Our readers, we suppose, have not forgotten our article on Starvation from nourishing Soups. (page 18.) It does not however apply to the Scots broth, as we shall show anon.

Economy and Good Living in High Life.—The L—d Ch—c—l—r.

To crown the preceding directions for cottage economy, we shall here give an illustration of two of the leading subjects of our publication, taken from high life:—A real occurrence it was, and no fiction. It is quite possible, we think, for a man to doubt, and hesitate, and stand like the hungry ass in the fable, between two bundles of hay, without daring to touch a mouthful of either—provided always that it be an obvious point of justice which suspends the jaw; and more particularly, that no *crumbs* of Scots cake are to be trodden indignantly under foot. For if such *crumbs* be "in the bond," even the hesitating Lord Chancellor would not, we presume, hesitate a moment to trample passionately on the detested morsel. But if a turbot should attract "his eye's *sad* devotion," as Tom Campbell has it—in all its rich, juicy, and delicious fascination—it would "give him pause" whether to part with portion and parcel of his salary for hesitancy to procure the stomach-ravishing fish, or to economize the said portion and parcel as an addition to the sinking fund.—

Decision.—Passing through Billingsgate one day, a turbot, the only one in the market, in all the glory of glossy temptation, glanced invitingly on the longing eyes of L—d E—n. He hesitated;—price five guineas—hesitated again;—felt for his purse—hesitated;—counted the money—hesitated;—wriggled for abatement—hesitated;—touched with eager finger the rich fat plumpness of the turbot, while his mouth filled with the whetting fluid—decided, and paid the gold.

Re-hesitation.—What would Lady E——n say? How could her scruples of rigid economy be lulled? A turbot!—too expensive!—ruinous!—But stop!—aye—a good hit,—send it to her Ladyship as a present from Mr. Bull;—capital device—decided.

Decision revised.—Turbot arrived with Mr. Bull's compliments. Lady E——n infinitely obliged;—likes turbot very well—but likes money better:—what could be done?—sell it?—aye—decides:—sends it to the fishmonger in exchange for a cut of salt cod, with balance in cash.

Replication.—L—d E——n returned from Billingsgate;—Lady E——n eagerly tells her feat of economy;—his Lordship looks glum;—bites his lip;—curses * in his inner man the economy that interferes with stomach enjoyments;—hesitates whether to dine at home on the salt cod;—decides in the negative;—drives to Long's—dines *à la solitaire*—and in pure spite on———Turtle!!!—Her Ladyship's salt cod proved delicious with thrift-sauce: and so endeth our eventful history.

The College and the Quacks.

Although it is the law of the land, that no person or persons can legally practice medicine in the city of London, or within seven miles of the same, without a licence from the College; yet in defiance of this, do hundreds of quacks swarm in every street and fatten on the hourly murders which they perpetrate with their poisons. This breach of the law, also, is not only winked at by those who should see it enforced, but is openly patronized as if in very insult to the executive power, both by senators, clergymen, and magistrates, as well as by some who write M.D. after their names, though we know nothing of their right to do so, if so be they have any.

On the 9th of March an insulting defiance was thrown in the face of this law by the gullable ninnies who patronize the impudent fellow, Whitlaw, in a public meeting at the Freemasons' Tavern, Admiral Sir Joseph Yorke, M.P. in the chair. We were not present—we had enough before of the disgusting falsehoods interspersed with blasphemous comparisons, from the Rev. Mr. Fletcher, at the Albion Chapel †. (See above, page 323.)

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* According to the best commentators on Job ii. 9, the word rendered by some, *curse*, may be equally translated *bless*. See Dr. Mason Good's Translation; Caryl, on Job, &c. &c.—So here, his Lordship hesitated, as usual, whether to curse or bless; but hankeringly decided for the first.

† Mr. Fletcher has not yet found it convenient to prove to the world that he has any right to put A.M. after his name. Where is your diploma, Mr. Quack-Puffer?

But we looked at the reported proceedings in the Morning Chronicle—and marvelled to see such quackish trash in a respectable paper.—Paid for, of course.

Upon the faith of that report then, we put it seriously to Alderman Key, whether as a magistrate—he is not ashamed to advocate an ignorant money-making quack? And whether he would not be more honourably and usefully employed in sentencing Whitlaw to the tread-mill? But the cures!—the cures!—Well, we admit that cures are performed;—but they are performed by Nature in spite of the trash; or by mere accident from the rash violence of the means employed, namely, half suffocating vapour baths—and strong doses of Epsom salts and turpentine, with treacle and cabbage water—most lyingly called by Whitlaw, American herbs. Alderman Key is but a young man—a quack-patron is a bad outset in life.

We put it seriously to Sir Joseph Yorke, whether, as a member of parliament, he is authorised to preside at a meeting, and allow an ignorant quack to insult the College of Physicians, and the laws of the land, by whining over the cashierment of his "amiable friend" Dr. Thornton, whose name has been erased with disgrace from the honourable list of the College, because he lent himself to aid the impostor? There is but one question to be answered. Is this law just or unjust? If it is just, why does Sir Joseph or Alderman Key patronize a public and insulting breach of it? If it is unjust, why does not Sir Joseph, as a member of parliament, bring in a bill for its immediate amendment, and Alderman Key get up a city petition to enforce it? We must be answered—we will listen to no evasion,—and if matters go on thus much longer, we shall, ourselves, petition both houses of parliament to inquire into the extensive murders committed by quacks. The matter is of the greatest moment, and it is wonderful what apathy prevails among those whose duty it is to protect the lives and the property of the people. Does the College of Physicians, a corporate body, permit an insult from a magistrate—namely, Alderman Key, without redress?

We think, also, that it would be highly proper to make such a fellow as Dr. Piddock, Piddicock, or Plotcock, show his diploma, if he has one, that the university which granted it, might take the necessary steps to inquire whether he has not vilely dishonoured his Alma Mater. Dr. Thornton says, he is of Cambridge—ought not the official powers of that university to take speedy cognizance of his Whitlawism, and proceed against him, as the College of Physicians has most justly done, by eras-

ing his name?—We shall keep to our point till we accomplish it. We shall, for the public good, put down quackery; if unwearied exertion and perseverance, or petitioning parliament, can accomplish it.

Whitlaw, like an old hypocritical crocodile, pretends to the most disinterested philanthropy, though he conceals for his own money-making purposes, a thing, not worth concealing for any other end. Why, if he is really a philanthropist, as he says, and cares not, as he also says, for his quack asylum at Bayswater, so much as he laments (O hypocrite!) that posterity will be afflicted with scrofula—why does he not disclose his wonderful remedies? But no—7s. 9d. of profit on 3d. is too good to be given up for the hungry phantom of philanthropy, which would soon, he is aware, drive him back again to his gardener's spade.

Humbug Pamphlet on Gout, Bile, &c. By Charles White, Esq.*

This is a tolerably well got up puff of an article called "Absorbent Lozenges," manufactured by a chemist in Bond-street, from very cheap materials, and sold at (shall we say) the very *moderate* price of 2s. 9d. per box, which will contain something less than a quarter of a pound of chalk, crabs claws, Armenian bole, gum arabic, and sugar, of which these "Absorbent Lozenges" are made, and flavoured at pleasure with nutmeg, cinnamon, &c. The medical principles of the book are, in general, correct, though evidently second-hand, as the author talks very ignorantly about the "turgescence of the blood," and is not scholar enough to know that "preventative" is as harsh, barbarous, and vulgar a word as "spoonsful."

The leading idea, indeed, of Mr. White's book is plainly taken from our numerous remarks on the acids of the stomach *(see above*, pages 23, 54, 69, 183, &c.*)*, and the effectual means of curing these (at least for the time), with an alkali. But no alkali nor lozenge will prevent the acid from again forming; and in this consists the exquisite *tact* with which this puff of the lozenges has been got up; for whenever acid becomes troublesome, why, another two-and-ninepenny box of lozenges will remove it; and the lozenges are directed to be taken "freely, constantly, unremittingly, and in any quantity!!" What an excellent device for selling them in cart-loads to those who can be gulled into the practice! But as economy is our rule, we shall

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* Short hints for the Prevention and Cure of Gout, Rheumatism, Bile, Apoplexy, Fulness of the Head, Heart-burn, &c. By Charles White, Esq. pp. 30. 18mo. London, 1824. C. Knight, Pall-mall East.

now teach you how to make lozenges for yourselves, both better and cheaper than you can have them in Bond-street, or elsewhere.

Cheap Absorbent Lozenges for Gout, &c.

Take four ounces of prepared chalk,
two ounces of prepared crabs claws,
one ounce of Armenian bole,
one scruple of powdered cinnamon or nutmeg,
three ounces of powdered sugar,
as much mucilage of gum arabic as
Will form a paste, which, with a rolling pin, you must roll out to the proper thickness, and cut into lozenges with a silver thimble, or any similar instrument.

Cheap Magnesia Lozenges for Scrofula, &c.

Take one ounce of magnesia,
four ounces of refined sugar, powdered,
one scruple of powdered cardamom seeds,
and as much mucilage of gum tragacanth, made
With orange flower water, as will form a paste, as in the last.

These lozenges, of which you will thus have some dozens for a few pence, may be used at pleasure, when you are troubled with heart-burn, and acidities of the stomach, which are but too common in bilious and gouty habits; and, as we shall see in an early page, are the chief cause of scrofula. It is to be remarked, however, that the powers of the lozenges are very inferior to those of our "Stomach Comforter," page 24, or our "Turtle Digestive," 113, which we strongly recommend when convenient. The lozenges are only a weak can-do-no-better substitute for these during hours of business.

How to clean Boots and Shoes. By Mr. Hatchard's Footman.

As our article on cleaning knives and forks was generally liked, we hasten to follow it up by another from the same hand. The indispensables for the operation are good brushes and good blacking, without which, no credit will be gained, labour as you may.

In the first place remove all the loose dirt with a *wooden* knife which you can make yourself; and never use a sharp *steel* knife for the purpose, as by doing so the leather is too often cut, and the boots and shoes spoiled before you are aware of it. When you have scraped off all the dirt that you can with the knife, take the hard brush, and brush off the remainder and all the dust, which you must be particular in doing, or you will not get

them to look well. They must also be quite dry before you black them, or they will never shine.

Do not put on too much blacking at a time; for if it dries into the leather before you can use the shining brush, the leather will look brown instead of black. If you have boot trees, never clean either your boots or shoes without them; but take care that the trees themselves are always kept clean and free from dust, that they may not dirty the inside of the boots and shoes. For the same reason never put one shoe within another.

When you clean boots or shoes belonging to the ladies, be careful that your hands are clean, in order that the linings may not get soiled. Some ladies have their shoes done with milk or particular mixtures, with only a little blacking for the edges of the soles. In this case, the blacking should be put on with a small piece of sponge, so as not to dirty the upper leathers, upon which the proper mixtures may be put with another piece of sponge, or a bit of flannel.

Always stir your blacking up well before you use it. Put it on the brush with a piece of sponge tied to the end of a small cane, and keep it corked when you have done with it, as the air will spoil it.

If your boots and shoes do not look bright after once blacking and rubbing—do them again until you are satisfied with them. When finished, always put them away into the places proper for them, that they may be kept clean and in readiness.

It is always best, if you have time to scrape off the dirt when *wet* from boots or shoes; but never place them too near the fire to dry, as that cracks the leather; it ought to be done very gradually.

There are various ways of cleaning boot tops, according to the prevailing fashion. In all cases, however, the tops are done the last. Great care is necessary, therefore, that the bottoms do not get dirtied, while the tops are doing. To prevent this, take a piece of paper, or of parchment, which is much better, and cover the top part of the boot, whilst the leg of it is cleaning; and afterwards cover the leg part whilst the top is cleaning. If it be meant to be of a light colour, the top requires to be made pretty wet, but not more so than is absolutely necessary, as the copperas (called by chemists sulphate of iron) which is used in dying the leather black, is apt to penetrate through the tops, if made too wet, particularly if the boots are put near the fire to dry them quickly. This ought, therefore, to be always avoided. It is much better to let them dry gradually in the sun, or at least at a distance from the fire.

You will find it necessary to oil or grease leather boots and

shoes, to keep them from cracking, and to render them supple, otherwise they will not wear well; but you should never put on oil alone, particularly in hot weather, as it will soak through the pores of the leather when the leg gets warm, and by that means take off the polish from boots and make the stockings dirty and uncomfortable.

In order to furnish you with proper materials we shall now give you a

Genuine Receipt for Warren's Blacking.

Take two quarts of small beer, eight ounces of ivory black, three ounces of treacle, one ounce of sugar candy, half an ounce of gum arabic, half an ounce of oil of vitriol, and one ounce of sweet oil. Dissolve the gum arabic in warm beer, and mix up the oil with a little of the ivory black first; then mix the whole thoroughly together. Let it stand a few hours, then bottle it, and it will be fit for use in a day.

Cheap Cottage Blacking.

Take four ounces of ivory black, three ounces of coarse brown sugar, and a table spoonful of sweet oil. Mix them gradually together in a pint of cold small beer.

To clean Boot Tops white.

Dissolve an ounce of oxalic acid in a pint of soft water, and keep it in a bottle well corked. Dip a soft sponge into the mixture to clean the tops with, and if there are any spots remaining, rub them with a little fine Bath brick dust. Sponge the tops afterwards with pure water. Vitriol may be used instead of oxalic acid, but is not so good.—For poisoning with oxalic acid, see page 225.

To clean Boot Tops brown.

To a pint of skimmed milk add half an ounce of spirits of salt (muriatic acid), half an ounce of spirits of lavender, one ounce of gum arabic, and the juice of two lemons. Mix them well together, and keep in a bottle closely corked. Rub the tops with a sponge but use no brick-dust. When they are dry, polish them with a brush or a piece of flannel.

Qualities of Oats, Grits, and Oatmeal.

The chief use of oats as food in England, is in the preparation of gruel and of mutton broth. The quantity of grits consumed in this way is very considerable. In Derbyshire, the peasants make of oats a kind of leavened cakes which are black, sour,

pasty, and very unpalatable. In Yorkshire and the other northern counties, unleavened oaten cakes, hard, crisp, and similar to biscuit are very much used. Flummery, or sowans, which is made from the starch and gluten of oats, dissolved in water and left till it become sour by fermentation, is only an occasional dish. In Scotland and Ireland all these preparations of oats are in common use, except the sour cakes of Derbyshire. Besides these, the Scots and Irish make a sort of hasty pudding of oatmeal *, about the consistence of custard, which is variously called porridge, parritch, stir-a-bout, and, in the navy, bergoo, where it is much used for breakfast †. This dish is eaten with milk, butter-milk, beer, molasses, butter, or sugar, according to circumstances or fancy. The higher ranks of people in Scotland, for the most part, prefer this to any other kind of food for their children's breakfast and supper. His late Majesty was persuaded by the Duke of Buccleugh, whose young family struck him from their healthy appearance, to try the oatmeal porridge, with the princes, and from that time his Majesty had a regular supply of Scots oatmeal sent him from Dalkeith ‡. It has been sometimes objected to as producing heat of the system and cutaneous diseases; but evidently upon the inaccurate inference that the poorer classes in Scotland and Ireland who use much oaten food are affected with eruptions and scorbutic complaints. These are always the consequence rather of uncleanly habits than of a peculiar diet. The Highlanders make a mess of gruel seasoned with onions, which is called *brochan*, and is much relished. Another national dish is kail-brose, made by pouring a quantity of the boiling liquor of mutton or beef broth, on a handful or two of oatmeal, and stirring it up with a spoon. It is not so digestible as the more common preparations above described. Flummery, or sowans, from being strongly diuretic, is an excellent dish for dropsical patients; and we should imagine, though we have not seen it tried, that it tends to reduce corpulency, without the dangerous, and often fatal effects produced by vinegar and some other remedies.

We have not met with any regular analysis of oats; but they contain, according to M. Rostan §, a large proportion of starch, which, with mucilage, is what gives to gruel its bland, and jelly-like consistence. It appears to us, that it contains even a smaller portion of gluten than barley or rye.

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* It appears that this is a very ancient Scots dish, as St. Jerome reproaches Celestius, who was a Scotsman, with eating it till his belly swelled.

† *Pottage*, is the vulgar-genteel name, and quite wrong.

‡ Percy Anecdotes.

§ Dictionaire de Medecine, *Article*, Alimentation.

THE FAMILY ORACLE OF HEALTH.

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NOTICES.

Glasgow Punch Club.—Our prime article on this celebrated Society of bon-vivans, came to hand a day too late for this Number.

W. W. thanks Mr. M'Kenzie for his eloquent and rational "Appeal to the Public, and to the Legislature, on the Necessity of affording Dead Bodies to the Schools of Anatomy." As a prime subjcet in that line, he thinks it would be a good thing, for Mr. M'Kenzie, to dissect one David Prentice,—the sworn enemy of all sciences but money making, and the writer of so many ignorant and inflammatory paragraphs to stir up the worst passions of the mob.

Gratis Prescriptions and Advice to Subscribers.

The Editors make it a rule not to visit Subscribers professionally.

[*Age; habit of body and of living; occupation, causes, progress, previous treatment, and the time complaints have continued, must be stated, and sent on or before the 24th of the month.*]

J. H. W. of Edinburgh has given an excellent description of his case, but without seeing his eyes we could not tell whether it is a Nervous affection or a beginning Cataract. Wishart or Liston would tell him. We know of no local treatment which would be of the least use, but dashing cold water over the head every morning. Bleeding, blistering, and purging, are quite useless. He should dine, if possible, at one o'clock at latest, and walk a good deal in the *green* fields. The pills he used, and those p. 386, are good. A glass of Berwick's *mild* ale can do no harm.

W. B. of the Horse Guards, may employ Read's syringe with safety. He should use brown-bread, and eat a few figs for lunch. The pills p. 386 are good, taken in an ale-glass of lime water.

M. A. L. is informed that training is the only cure hitherto discovered for the face complaint, which always baffles medical skill. The pills 191 might have some effect; but no wash can. The other subject, we shall soon introduce.

T. C. should use the cold water, as at page 127, and never eat greens, turnips, carrots, spinage, green peas, nor the like. The pills, 386, in a glass of lime water, would do him good.

T. L. of Huntingdon, should wash his head with the coal gas water, to be had at any gas work The case is very difficult. Our First Volume will be completed in August.

To a Constant Reader, Oxford-Street, we are much obliged. Mrs.—— will be best strengthened by using what food she finds agree with her best, and produces least irritation. No medicine seems advisable. The shower bath, if it agree, is good, and a daily turn in the park. We fear water in the head in the child two years old. See p. 334. The lime water is made by putting an ounce and a half of quick lime to a pint of water for an hour, and straining it. We should imagine that the sulphate of quinine, page 279, might prevent his headache, if taken for a couple of months every other day, but we cannot promise. The cold water, page 127, is certainly good.

C. B. of the Edgware-road, may be assured that the water will improve rather than injure the hair, which should be dried as quickly as possible.

We are sorry we cannot give Corydon any information about the Cæsarian Kale.

We are highly obliged to "Philoinos," of South Shields; and should be still more so, could he furnish us with any genuine estimates such as he mentions. We shall attend to his hints.

G. C. of Gerard-street. must lay aside the physician's prescriptions, which we think injurious. Jebb's pills we do not know; but most quack pills contain mercury. Let him attend to our advice to W. B. above, and let us know how it succeeds.

A. C. F. must first blister once or twice, as we recommended to L. M. in No. 8, and then try a course of Training. We know nothing else that will relieve him. To L. M. whose letter has the Holborn-hill post mark, we say the same.

We are glad our prescription proved so effectual to "A Subscriber."

J—s H—s.—J. P. S.—A. Z.—B. M.—and others, are informed that we never take fees, nor see professionally any of our subscribers. Our rule is invariable.

"Alarm," with the Bungay post mark, can only be cured by a surgeon attending him regularly. Linseed tea with nitre is excellent. He should use blue pill, and decoction of sarsaparilla.

A. P—n, of Moorfields, should wash the parts with the camphorated liniment, to be procured at any chemists.

May Diseases, and the Means of Escaping them.

——— For shame!———
Get up, sweet slug-a-bed, and see,
The dew bespangling herb and tree;
Each flower has wept, and bow'd toward the East,
Above an hour since: yet you are not drest;
Nay, not so much as out of bed,
When all the birds have matins said,
And sung their thankful hymns:—'tis sin—
Nay, profanation to keep in,
When, as a thousand virgins, on this day,
Rise sooner than the lark, to fetch in May.

Herrick.

Whoever is found in bed after six o'clock, from May-day till Michaelmas, cannot, in any conscience, expect to be free from some ailment or other, dependent on relaxed nerves, stuffed lungs, disordered bile, or impaired digestion. We can do nothing for you—absolutely nothing—if you do not rise early—except we drug you with draughts, a *luxury* which the indolent morning-sleeper must prepare himself to purchase dearly. We give him joy of his choice—bid him good-bye—and, springing out into the sunny air, we gather health from every breeze, and become young again among the glittering May-dew, and the laughing May-flowers. "What a luxury do the sons of sloth lose!" says Harvey, in his flowery Reflections on a Flower Garden, "Little, ah little, is the sluggard sensible how great a pleasure he foregoes for the least felt of all animal gratifications:" yet wonderful it is, that this drowsy indulgence is persisted in by thousands, till their nerves are stewed and unstrung, and feebleness and disease have become their inseparable companions for life. Be persuaded, make an effort to shake off the pernicious habit—"go forth," as King Solomon says, "to the fields—lodge in the villages—*get up early* to the vineyards—see if the vine flourish, and whether the tender grape appear*;" mark the budding flowers—listen to the joyous birds—in a word, cultivate rural pleasures, and health and vigour will, we promise you, most certainly follow.

May is of itself, for the most part, a healthy month; for though many are now bad with consumptions, asthmas, rheumatism, and gout, yet these are rather the remaining effects of the sharp East winds of March and April, than of the weather in May. Now and then, indeed, a cold day, and sometimes several occur in May, though usually the month can scarcely

* Solomon's Song, vii. 11, 12.

be considered as belonging either to spring or summer; but is "like an after dinner's sleep, dreaming on both *." The diseases peculiar to May, therefore, are generally mild and safe; the weather, as our friend Mr. Haden remarked, not being cold enough to produce the disorders of cold weather, nor warm enough to give rise to the diseases of the dog-days. It is, therefore, invigorating to the aged, refreshing to the invalid, and, as the farmer would say, "good growing weather" for the young. There may, however, be too much of a good thing, as the poor bee in the fable discovered while smothering in the honey-pot; and so also may the young and growing feel to their cost, while the May weather is adding a "cubit to their stature," in the accompanying

Disorders from Overgrowth.

Every body above the height of four feet, military standard measure, must know from dire experience, what we mean by disorders from overgrowth, and how much these embitter what our poets, without meaning and without a thought, sometimes call "the purple hours of ever happy youth;" or "life's morning scene of unimbittered brightness." Sheer nonsense, like many other poetical prettyisms: youth, like manhood and old age, has its own joys and its own distresses, and not the least of these is this same overgrowth, which is ever and anon muddying the stream of youthful pleasure, and impressing the mark of frail humanity upon the limbs of the young, to put them in mind that *here* they can have no lasting abode, nor place of rest.

This is one of the thousand disorders of which medical authors take little or no notice, and of which medical practitioners, who swear by their books, and practice by their books, are wholly ignorant; and how indeed should they know it? The disorders produced by overgrowth are, according to our experience, not much unlike what we have above described, p. 339. under the name of nervous fidgets. The young, who are so affected, have gnawing pains, and restless uneasiness all over the body, but particularly in the limbs and joints; they soon become fatigued by walking, or by active sports; and they always feel this fatigue most distressing on the day following. The irritation and disturbance produced by such uneasiness and pain, gives rise to many other evils, but particularly to disorders in the stomach and bowels. For example, the most common disturbance produced by it is the generation of acid in the

* Measure for Measure. "Inter ver et æstatem ambigens." SYDENHAM, Opera. 362. Lugd. Batav. † Poor Haden is now no more.

stomach, by its impeding or stopping digestion; and none of our readers need now be told, no not even at second hand, by Squire White (see page 366.), that acids are the cause of at least the half of our diseases.

Unfortunately, we cannot with safety interfere with Nature's process of enlarging the bones and augmenting the body, which is the primary cause of the whole disorder. It would be wrong and hazardous to try to do any thing to stop the growth in our children, however *conscientiously* some may try such experiments on pet dogs and other domestic animals, by giving them gin or whiskey, or by over-feeding them; for any of these, if persevered in, will either dwarf the animal or destroy it. A useful, an admirable lesson this, for those who think to strengthen their children by strong nourishing food, which being beyond their powers of digestion, their blood becomes gorged with superfluity; they first grow bloated and flabby, and afterwards pine, become thin, and are either dwarfed and deformed for life, or sink prematurely into the grave.

Such children and young people, again, who are not thus dwarfed and diseased by cramming, or by improper and indigestible sorts of food, and who from wholesome food are growing too fast, so as to produce the uneasiness and joint pains just described, must be treated mildly and cautiously, according to the symptoms produced. If the pains are very troublesome, warm bathing is good, and the belladonna liniment, page 218, may be tried with advantage; but if any thing is wrong with the stomach, indicated by heartburn, sour belchings, insatiable hunger, or desire for eating chalk, &c., which is most common in girls, then by far the best remedy is

The Alkaline Draught.

Take from ten to fifteen drops of solution of ammonia,
two fluid ounces of the almond mixture,
five drops of tincture of opium,

Mix for a draught, to be taken twice a day; or without the tincture as often as there is occasion.

We need scarcely remark, that the plain cause of the pains of overgrowth is, that the blood brings nourishment to the bones faster than they can comfortably stow it away in its proper places, bulging them out, of course, wherever it is superabundant, and pushing aside, squeezing, or bruising, the established parts of the fabric, and along with these the nerves, in which the feelings reside. Pain, consequently, must follow this, in the same way as it follows a bruise from a blow, or a squeeze from the corpus of a fat dowager in a stage coach. One certain way of diminishing the evil is to diminish cautiously the supply

of nourishment, and by the above draught to allay the stomach twinges of hunger, which, in this case, are rather caused by the acid than the healthy cravings of nature, and this more particularly in girls than in boys. The acid often creates a false appetite, and the poor things are scolded for feigning ill.

Can Consumption be permanently Cured?

A most important question, involving the safety of many thousands yearly in these kingdoms, besides as many more on the Continent and in America. We are under the mark indeed, in saying that more than three millions are every year carried off by consumption in different parts of the world—a matter, it seems, of great consolation to poor Mr. Malthus, who, since the peace, and the introduction of the cow-pox, has been in terrible consternation lest he be eaten alive by the increasing population, and has therefore grasped consumption as his most trusty weapon for keeping down the alarming number of eaters. As we, however, are of opinion that providence is wiser and more to be trusted in these matters than Mr. Malthus or any of his tribe, we shall now do our best to disarm him of this great check to population, by inquiring into the possibility of curing consumption.

Removal of Weakness.

If you will take the trouble of looking back to pages 315 and 336, you will see that one of the chief sources of health is the due purification of the blood as it passes through the lungs; for though the stomach digest well, and the bile and the bowels be all right, yet the supply of nourishment to the blood is quite useless, till it receive the purifying touch of the air in the lungs. You will see also, that this cannot be accomplished so long as the entrance of the air into the lungs is stopped up by phlegm. Now, by persevering in the use of the cough preventive, p. 335, you must squeeze out the phlegm from the lungs, and clear it away, while the fresh air gets to the blood, as if there were no disease at all, and the strength is accordingly kept up, which, in the usual treatment by digitalis, &c., cannot be done. As weakness is one of the most constant, distressing, and alarming symptoms of consumption, the patient being often fatigued on ascending a stair, or on making the slightest exertion, and since the main source of this can be cut off in the way we have directed—we hesitate not to assert, that this is an important step towards a permanent cure.

Cure of Ulcers in the Lungs.

One of the most common of the three principal diseases of the lungs is ulceration, arising from little pea-like substances,

called by surgeons *tubercles*, suppurating, breaking, and discharging their matter, or *pus*. This, indeed, is the stage of confirmed consumption, and deemed by the bulk of medical men, as well as by the people, quite incurable. We admit freely, that, according to the usual method of treatment, it would be wonderful indeed, should a cure happen, insomuch as the practitioners never strike at the root of the disease, but go on paltering with digitalis and low diet, to retard the current of the blood, and even many of them drain off the blood with the lancet. This is clearly of no use, nay, is absolutely injurious, so long as the air cannot get into the lungs for phlegm. The low diet can only add to the patient's weakness, already too great; and the continual harassing of the cough weakens and exhausts him still more, while the only remedies employed for its relief are syrups, squills, and cough drops, which often do more harm than good, as they uniformly derange the stomach, the mainspring of the strength; while they only lubricate the throat a little, without ever removing a single particle of the phlegm that causes the cough.

On the plan just laid down, however, by clearing away the obstructing phlegm, we not only give access to the air, but clean the ulcers from their foul irritating matter, and at least give them the best chance of healing. Medical men talk as if an ulcer in the lungs could not be cured; but we may remind them, that ulcers in the lungs are cured every day, when arising from abscesses, or from sword stabs, or gun-shot wounds. We ask then, is there any thing in the ulcerated lungs of the consumptive so very different, that their cure is impossible? If there is, we confess we cannot perceive it, and have no doubt that if Dr. Reid's cough preventive were properly and perseveringly adopted, hundreds might be saved who are now every day murdered by the lancet, and dosed by absurd and injurious syrups, cough-draughts, and digitalis.

We therefore request, nay, we conjure our readers, who have consumptive coughs, or alarming coughs of any kind, to give the preventive a fair trial; and though it may not, and cannot cure every case, yet we can answer for its very great power in giving relief, where a cure is not to be hoped for. It is undoubtedly, we think, the best and safest plan hitherto devised for the treatment of consumption, particularly when conjoined with Dr. Stewart's mode of sponging with vinegar, to bring the disease out from the lungs to the skin.

*** We intend to commence very soon a critical examination of all the plans proposed for curing consumption, by the most celebrated physicians, from the earliest ages to the present day,

which will form a valuable series of papers, comprehending all that is known respecting this fatal disease. In our next, we shall shew what Complexion, Age, and Form of body, are most liable to consumption.

Whets for Breakfast. By Mr. Wallace.

O! that the days of good Queen Bess were back again, were it no more than for the glorious and princely breakfasts then in fashion! Then it was, that the rich smoking rump steak was flanked with its flagon of wine, and the savoury cut of smoked salmon was washed down with a cup of mead, or of XX October. We are, in good sooth, retrograding in the noble science of good living; and while all other branches of knowledge, from star-gazing to butterfly-hunting, are in rapid advancement, the only publications which patronize the scientific pleasures of the appetite, are the Oracle and Blackwood's Magazine. These, however, are a host—numerous as an army with banners—and the spirit of our Committee—of Ambrose's, at Edinburgh—of the Glasgow Punch Club—of the Societé des Gourmands, at Paris—and of the Amphitryons at Vienna—must not only keep up, but must improve, the knowledge of bonne-boucherie. So be it, say we; and now for breakfast with what appetite we may.

It cannot be, that you can relish a breakfast, however delicate or savoury, if you have dined, that is, supped at the fashionable hour of six or seven o'clock the preceding evening, and had your devil and pandemonian biscuits at two or three o'clock the same morning. The thing is impossible. The stomach cannot be ever on the trot. It must have some space to rest and recruit its exhausted strength; some relaxation from the toil of digestion, pleasant though it be; some comfortable dosing and dreaming over past enjoyments, and some whetting anticipations of what is in store in the cup of futurity.

The time, of all others, best suited for the rest of the stomach is when the body rests; for though it is the most comfortable way to have the stomach doing a little during the night, it ought always to be only a light by-play during the first hours of sleep. If it is more than this, if it is overloaded and fatigued, it will become restive, and give up the job of digesting altogether, leaving the mass of food to ferment and run to vinegar, as it may. In such a case, you may be certain of the unpleasant morning companionship, of either rending headache, severe heartburn, sour belchings, stomach cramp, bilious gripes, or disordered bowels; and in such a quandary, you can have no comfortable relish for your breakfast.

The best whet for breakfast, therefore, is a light supper, and a sound sleep; but if you would have your appetite still sharper for your morning set-to, than what is produced by these, the first thing is to get rid of the acid, always more or less generated during night. This you can do, either by the stomach comforter, page 24, or the digester, page 183, which will at once free you from nausea and heaviness. The cold water also, poured over the head, as at page 127, is a very powerful breakfast whet, and ought never to be neglected by those who feel their stomach or their nerves disordered in the morning. We need say nothing of a ride or a walk in the cool refreshing air of the dawn, as it is well understood, and has been so often enjoined in our pages, that those who do not attend to this greatest of all luxuries, richly deserve to have no appetite for breakfast.

Economical Estimates.

We find that real estimates are better liked than the averages which are deduced from estimates that often differed according to the taste of individuals in many of the items. We have, therefore, much pleasure in giving the following

Yearly Expenses of a Gentleman having from £150 to £200 a year, with his Wife, Six Children, and an Infant.*

" House Rent, Rates, and Taxes	26	0	0
Weekly Schooling for 2, sometimes 3, children—Butter, 2℔; Cheese, 1℔;—Wood, Sand—Candles, 3½℔—Oil, Vegetables, Salt, Vinegar, &c. 10s. per week.	26	0	0
Bread, 7s. to 8s.—Meat, 9s. to 10s.—say together, 17*s.* per week	44	4	0
Tea, Sugar, Plumbs, Soap, Starch, &c., 5s. per week	13	0	0
Coals—3 Chaldrons, 52s. per chaldron	7	16	0
Malt, 12 bushels, at 8s.—4*l.* 16*s.*—Hops, 12℔ at 1s. 6d.—18s. 180 gallons of Beer, which is about half a gallon per day	5	14	0
Milk, 2d. per day	3	0	10
Clothing, and wear and tear of Household Furniture, &c.	20	0	0
Spirits.—Gin, 6 gallons from Distillers, at 13s. per gal.—viz. 1s. 6d. per week. As I never go to a Tavern, this item cannot be thought extravagant for Self, Friends, Nurse, &c. &c	3	18	0
Total	£149	12	10"

* We are indebted for this to a very intelligent London correspondent. It is taken verbatim, from the family accounts.

"Wine, &c., &c., are luxuries—and Doctors' Bills do not necessarily form a part of *estimates* of Family expenses. With regard to medicine, I can say truly, that we have not paid more than forty pounds in all—including eight accouchements, and fees, (but not Nurses) and one funeral in ten years; and out of seven, we have but one weakly child—and this born at seven months.

"Our item for clothing is small. But we cannot lower rent, taxes, &c.—and must have the quantity of bread and meat:—viz. legs and shoulders of mutton—beef—top ribs—gristle ribs—veiny piece—silver side of half a round to salt—and shin for soup—shoulder of veal—lamb, when reasonable—very little neck of mutton—no loin nor breast, being too fat—no aitch bone of beef, nor fat bony brisket; at 16 or 18 pounds, one of the former, may be cheap at 5d.; but when cut small, is a dear joint."

Our readers may naturally wish to learn this gentleman's method of brewing; and we are happy to have it in our power to gratify them, by giving his own details for making

Economical Home-brewed.

"To brew three bushels of malt, which should be rather of the brown dried kind, or if pale, two and a half bushels, and half a bushel of porter malt, the latter will give colour and more richness, or fulness, than is generally imagined. The Excise laws do not allow sufficient time for the barley to grow, or *acrospire*, as it is called, in cold weather, and the number of wettings must be the same, unless done by stealth; hence it frequently happens, that strong barley, when malted in cold weather, does not vegetate or grow sufficiently; therefore the small private brewer should always have the best that can be bought, and brown dried rather than pale, or two and a half bushels pale, and a half bushel of porter malt, as above. The three bushels of malt will require three pounds of good hops, and take the chance whether Kent or Sussex, but Mathon hops are the best.

"The utensils necessary are, an eighteen gallon copper, a mashing tub, 55 to 60 gallons; two coolers, 24 gallons each; and one tub, 36 to 40 gallons; two pails, one bowl, one sieve, one mashing stick, one wooden tap and basket, one funnel, two casks, 12 gallons each, and one cask 18 gallons, beer measure, and all sweet and clean. Boil 18 gallons of water, and put into the mash tub, which must stand 15 or 18 inches from the floor, and fill the copper again; then, a quarter of an hour before boiling, the malt may be put into the water already in the tub, taking care that it is all wetted and separated; by this time the copper will boil, and the 18 gallons of water may be put to the

former water and malt, stirring the mass till a thick froth be produced, say 15 minutes; then cover the tub with sacks, and let it stand full three hours from the boiling of the second copper, in cold weather; but in warm weather, a half or three-quarters of an hour less; the mass should be well stirred twice previous to the last hour, one hour being necessary for it to settle before drawing off the wort; during the mash standing and drawing off, there must be 24 gallons more water boiled, to put on the grains for the second mashing, to stand two hours and a half, and be well stirred as before.

"The wort is to run into one of the 24 gallon coolers, which will be nearly full; then put 16 gallons of the wort into the copper, and a pound and a half of hops, and by keeping up a good fire it will boil in 30 or 40 minutes, and the boiling briskly must be continued fully an hour; if there is much waste, you may put in occasionally a pint or a quart of wort, out of that remaining in the cooler, to keep the copper as full as possible, but take care not to check the boiling too much; ten minutes previous to the expiration of this boiling hour, some more wort must be running off, in order to make up 16 gallons for a second boiling with the remainder of the hops.

"The beer in the copper is to be strained through the sieve into the other cooler, and the second boiling is then to be performed like the first. The remainder of the wort is to continue running off, having the tub raised up three or four inches behind, so that all the liquor may run from the grains, on which throw 10 gallons of cold water, stir up the mass again, and let it stand till the second boiling has continued the hour, then run off to make a third boiling, with all the hops over again, for one hour as before. The two first boilings may then be put into the 36 gallon tub, and the last into one of the coolers; and when not more than milk warm, stir into each half a pint of yeast, as good as can be had. The beer must be within doors, and if a cold night covered up close, but only half covered if warm. By the middle of the next day the yeast is to be taken off again at three o'clock, and again before barrelling it in the evening, or it will work too much in the barrels.

"It may be mixed as you think proper, but always taking care to tap the weakest first, namely, one of the 12 gallons, and the 18 gallons next, and then with another 12 gallons you may brew again, leaving one 12 gallons on hand.

"By the above plan, which I have followed for seven years, 42 to 45 gallons of really good beer can be had from three bushels of malt and three pounds hops. The barrels will require filling up gently two or three times before the beer will be done fer-

menting; when done, put the bungs in tight, leaving out the pegs for a few more days, from the day of brewing.

"The cow-keepers will buy the grains, and probably the baker would buy the yeast, some of which should be used in making one or two batches of home-made bread and cakes for the family; seven pounds of good flour will make nearly nine pounds of bread, better than twelve pounds of baker's bread. Of this we have had abundant proofs.

"We cannot drink London brewers' ale nor porter, but we like the Edinburgh and Alloa very well—a proof, perhaps, that these are genuine." See page 308, above.

Buonaparte's Remedy for Cancer.

We must consider Buonaparte as an extraordinary man, in spite of Dr. Johnson's vulgar vituperations in his Bump-Journal, where fracas and phrenology, scuttling, scandal, and surgery, are all in a glorious higgledy-piggledy confusion of metaphors. We do not indeed claim any novelty for the opinion of Buonaparte being a great man, as Dr. Davis did when he claimed the *new* discovery of fox-glove being "a potent drug;" but we have now to look upon Napoleon in the light of a medical observer and discoverer, and that is somewhat new. The facts are these:—

In a conversation which Mr. O'Meara had with Napoleon, he said he wondered why the Corsican sea-weed * was not used by medical men for the dispersion of tumours, as he had often observed tumours diminish and disappear under its use, when prescribed for worms, as it commonly is all over the Continent. On this remark being communicated to Mr. Farr, as it happened to agree with some speculations and experiments he had been unsuccessfully trying with British sea-weeds, he immediately sent to Corsica for a supply of the medicine, which he forthwith prescribed in cases of cancerous tumours, in conformity to Buonaparte's shrewd suggestion.

Mr. Farr gives the medicine either in the form of decoction or infusion, as in the following receipt of

Mr. Farr's *Infusion for Cancer.*

Take half an ounce of picked Corsican sea-weed,
one pint of boiling water.

Infuse for twelve hours, and strain; a wine glassful to be taken thrice a day on an empty stomach, and increasing the dose according to circumstances.

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* Called by Botanists, *Fucus Helminthocorton;* and in French, "Mousse de Corse."—*See the Plate.*

When it is requisite to open the bowels, a scruple of rhubarb in powder may be added to the above infusion. When the medicine has been taken from twelve to twenty days, the cancerous tumour will be usually found to have decreased in size, and become softer; the change being also remarkable in the stools, which become darker, and studded with green specks. This may probably be the cancerous matter as removed into the bowels by the medicine, though we are aware that it is not the medical fashion at present to speak in this way.

It is chiefly in cancerous tumours, before they break out into a sore, that the remedy has been hitherto tried; but there is, perhaps, some reason to believe that it may act beneficially on cancerous sores also. Mr. Farr is now trying it, in the famous case of Mrs. Dennis, of Lynn-Regis, Norfolk, most impudently asserted to have been cured by Sir Cancer Aldis, the surreptitious knight, in the short period of six weeks. Having accidentally learned that the case was now under Mr. Farr's care, we wrote to him to know the particulars. Sir Cancer in his book, published 1820, gives a plate of Mrs. Dennis's breast, as quite cured in 1819; but this was far from correct, notwithstanding his insinuations that his method will eradicate cancer, while extirpation by the knife only increases the evil; for we find him again applying his poisonous plaster, for the third time, to the breast of Mrs. Dennis, in May 1823. The consequence was an ugly cancerous gash in the breast, which it baffled all his efforts to heal; and in November last she dismissed his Plastership as incompetent. By the use of the Corsican sea-weed as above, for six weeks, the hard parts are now (March 20th,) become soft, and we hope she may recover. Whether it will produce a complete cure remains to be proved; for we must not be understood to pledge ourselves respecting the effects of this medicine, which we have neither tried, nor seen tried. We give Mr. Farr's account as we have received it; and those who wish for farther information may consult his book.—We have not yet done with

Sir Cancer Aldis.

The plaster-knight has the shameless assurance to claim friendship with Sir Astley Cooper, whom, says he, "I am proud to call my friend." He says this in detailing the case of Mrs. Pear, of Dover, whom he affirms he cured in three months, after Sir Astley had pronounced the case an incurable cancer. He says farther, that he accompanied the lady, when cured, to Sir Astley, to shew him the miracle, of which, as well as of the method adopted, Sir Astley highly approved. Now mark how a plain tale should be told. Sir A. informed Mr. Farr, that he dis-

claimed all knowledge of the case in question, and said he never saw Aldis in his life; while, so far from sanctioning his practice, he highly disapproves of it, as all rational surgeons must. That Sir Astley could approve of the practice carries falsehood on its very front; for Aldis pretends to conceal his method, under the strange insinuation that the disclosure "could not answer any good purpose to the community," and "that it would, in fact, do an irreparable injury." This we call speaking to the point, and letting out the evils of his method, without thinking what he was about. We shall help him out in his mincing tale, and unmask the humbug a little more plainly, by giving, for the benefit of those whom it may concern, the receipt for

ALDIS'S *Cancer Plaster.*

Take one ounce of white arsenic,
half an ounce of potass,
one ounce of butter-cup roots bruised,
a sufficient quantity of honey.

Make into a paste, and apply to the cancer, till it act strongly on the parts. Then apply linseed poultices, till the whole mass is brought away, and an ulcerated hole left in its place, which is to be dressed like a common sore.

Aldis can always make the hole by the arsenic plaster; but he cannot always—we may say he almost never can, cure it. This practice, indeed, usually exasperates a cancer. He often applies his plaster when there is no cancer, and these are his successful cases where no cancer exists; as in the case of a lady in Charter-house Square, given in his book. Sir Astley Cooper affirms broadly, that this lady never had cancer!!

*** To make amends for this Quackery paper, we shall soon return to the subject of the nature and treatment of Cancer.

CAUSES AND CURE OF WORMS.

As the very multifarious and different symptoms arising from worms open a wide field for quackery, we think it will be useful to give a fireside sketch of some of the leading points connected with the subject.

Generation.—We should only lead our readers into a maze of darkness, were we to go far into the subject of the origin and production of worms in the human body. Hippocrates was of opinion that they were produced spontaneously, as they are often found in the infant before birth. Redi made many experiments, which he thought disproved this doctrine; but it has been in our own times revived and supported more or less by Darwin,

Lamarc, Cuvier, Blumenbach, Rudolphi, Brera, and Bremser, the last of whom has the finest Museum of worms, at Berlin, ever collected. However this may be, we know that none of the worms found in the body have hitherto been found living out of it; and until they can be so found, it does not appear whence the eggs, mentioned by Redi, Frank, and others, could have been derived or introduced. Frank is fanciful enough to talk of very small insects flying about in the air, and laying their eggs in our food and drink! But if so, how does it happen uniformly, that worms are only found in persons of sickly constitutions and infirm health? Can the said eggs only be hatched, and produce worms in weak bowels? On obscure questions of this kind, it would certainly be both more manly and more philosophical to confess ignorance at once, than to frame theories and talk nonsense.

Causes.—Leaving the origin of the eggs therefore out of our consideration, we think we are justified by much experience in saying, that at least the secondary causes of worms are indigestion and disordered bowels; and that so far from worms being the cause of this, they are only a consequence of it, though they undoubtedly tend to keep up and increase the first cause. For the present, we shall confine our observations to the most formidable of all the species of worms which infest the human body—we mean the tape-worm.

The tape-worm has lately been discovered to be of two species, one unarmed, and another armed with two fangs, by which it lays hold of and adheres to the intestine. Both species have been found from twenty to thirty feet long, and Brera, an eminent Italian physician, mentions one two hundred feet long. When a tape-worm exists in the bowels, it is usually accompanied with great weakness and debility, with painful and alarming cramps and spasms; the health becomes greatly deranged, with flatulence, gripes, headache, giddiness, unnatural appetite, and all the nervous symptoms of disordered bowels; among which are spasms, convulsions, St. Vitus' dance, &c. By far the most usual, however, and distressing symptom of tape-worm is nervous weakness.

Cure.—Many, very many remedies have been proposed for expelling this pest from the bowels, though, we fear, that none of them can be relied upon as infallible. One of the most celebrated *, the receipt for which was purchased at a large sum by the French Government, is

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* We take the account from the "Precis de Traitement, &c. publié par ordre du Roi." Paris, 1775. This, however, is not a new remedy, for it was known to the Greeks, as we learn from Galen and Dioscorides.

MADAME NOUFFLER'S *Remedy for Tape-Worm.*

Take three drachms of recent male fern root, powdered,
a table spoonful of honey.

Mix, and take in the morning; a supper of panada having been taken the night before, and the bowels been prepared by an emollient clyster. This is to be followed in two hours by the

Purgative Bolus for Tape-Worm.

Take twelve grains of calomel,
twelve grains of scammony,
five grains of gamboge,
Make a bolus with syrup or mucilage.

This is indeed a purgative bolus with a vengeance! and we should be very apprehensive of the life of any weakly patient who should take it. We have little doubt, however, that it will kill and dislodge any tape-worm, though the sufferer will run the hazard of inflammation of the bowels, from its violent operation.

This remedy has now fallen into discredit, and probably from these very reasons. Perhaps the most popular remedy for tape-worm, among medical men at present, is the rectified oil of turpentine, which was first introduced by Dr. Fenwick. It is certainly a very powerful remedy, and ought never to be omitted in obstinate cases of this very unmanageable complaint. We shall give you first the receipt of the

Turpentine Mixture for an Infant.

Take from half a drachm to a tea spoonful of the rectified oil of turpentine,
a table spoonful of new milk,
a tea spoonful of honey.

Mix for a dose. A child twelve years old may take from three to six tea spoonfuls of the turpentine.

Turpentine Mixture for an Adult.

Take from one to two ounces of rectified oil of turpentine,
an ale glassful of peppermint water,
two or three tea spoonfuls of honey.

Mix for a dose, to be repeated every eight hours, till it expel the tape-worm. Three or four doses are usually effectual.

New Remedy for Tape-Worm.

As all the preceding medicines are very nauseous to the taste (unless you try our pleasant way of taking the most nauseous medicines, page 20.), and besides are very violent in their operation, we have to thank our German friends for discovering an equally effectual remedy, while it is both mild in its operation, and not unpleasant to the taste, and is simply mare's milk.

This remedy, indeed, must be invaluable to those whose irritable stomachs, and wasted bodies, would sink under the violence of Madame Nouffler's purgatives, or of the turpentine mixture. We are not aware that it has ever been tried in this country; and cannot therefore speak of it from experience; but we think it right, to give it publicity, that it may be tried. It appears from the German accounts, that the tape-worm is fond of, and thrives on, cow's milk, while it cannot endure the milk of the mare; and in consequence of this antipathy, either escapes from the bowels alive, or is expelled piece-meal, in a dead state, a few days after the patient begins the use of the remedy. To confirm in some measure by authority, what we have been told of the efficacy of mare's milk, we shall give an instance in which it was successful.

Case of a Lady.—We take this case from a paper, by Dr. Kortum, of Stalberg, in the Berlin Journal of Health *. The lady, who was affected with tape-worm, was between thirty and forty years of age, and her stomach so irritable as to reject all the worm medicines which could be thought of. Having been told of the great success in similar cases, of mare's milk drunk when fresh drawn, morning and evening, she determined to try it. She procured some in the evening, and took two tea-cups of it. Soon afterwards she complained of violent pains in her bowels, which continued to harass her the whole night. On the following morning she took another tea-cupful of the milk, after which the pains gradually left her. In a few days, a long piece of a tape-worm, dead and putrid, was discharged, and soon afterwards another piece, with the tapering end of the worm. Her health was re-established in a short time, and no symptoms of the complaint returned.

*** We shall continue the subject of Worms in another paper.

On Working off Medicines.

Nothing is more common than the direction, when you take one medicine to be sure to work it off with another; though we are certain not one in a hundred of those who give it, no more than those who receive it, know what they are talking about. We shall now—as we think it may be useful—endeavour to let you into the secret.

If you look back to page 343, you will see that calomel (and we may say the same in a less degree of the blue pill,) irritates the liver, and spurs it on to give out more bile than it would do if left to itself. When the liver, therefore, becomes torpid

* See Hufeland's Journal der Praktischen Heilkunde.

and sluggish, and refuses to supply its proper proportion of bile, these mercurial medicines are invaluable; and even when the bile is insufficient, or more than sufficient in quantity, but unhealthy in quality, the same mercurial remedies will often bring the liver into a healthy state of secretion.

In all cases, however, where mercury is given, and particularly in the mild form of blue pill, it requires some purgative medicine to be conjoined with it to *work it off*, as it is called; that is, to carry off the superfluous or diseased bile, which the liver has been spurred on to pour into the bowels, and which would remain there and do mischief, were it not swept away by the action of the purgative, and the bowels left clear and unobstructed. If you take calomel, or blue pill at night, therefore, you should always take a small dose of salts and senna on the following morning; or combine your blue pill as in the following receipt for

Strengthening Pills.

Take thirty-six grains of blue pill,
twenty-four grains of pill cochiæ,

Make into one dozen pills; one or two to be taken at night as occasion requires.

The pill cochiæ, an old and well known purgative, acts in conjunction with the blue pill, and thus together they tend to restore weak or disordered bowels to health and vigour. Neither of them by itself is half so good as when combined. Blue pill, indeed, should always be joined with this or cathartic extract. Perhaps you may like to see the receipt for the

Pill Cochiæ.

Take twenty grains of resin of scammony,
twenty grains of extract of colocynth,
twenty grains of socotrine aloes,
three drops of oil of cloves,
a sufficient quantity of syrup of buckthorn.

Make into a mass, and divide into one dozen pills; one or two for a dose. They should never be given to children, as they are too violent, and will certainly make them costive afterwards.

Art of Gymnastic Training improved and applied to Strengthen the Weak and Nervous.—No. VIII.

The general effects of training on the activity and vigour of the body were plainly detailed in our last; and we have the strong testimony of Belcher, Crib, Jackson, Barclay, Spring, &c., that these are not mere talking, but genuine and practical facts. We shall now go a little more into the philosophy of these effects, and trace their influence through the various parts

of the body, so that our invalid readers may have an opportunity of observing, in some measure, how a course of Training may be likely to operate as a remedy for their complaints, or a strengthener of their debility. We shall begin with the mainspring of the body—the stomach, and state the

Effects of Training on Digestion.

The emetic, which is always the first thing given in training, must of necessity sweep away whatever indigested food is found in the stomach, and leave it empty and eager to begin the work of digestion with renewed vigour. At page 336, we have shewn that vomiting, even so often as once or twice a day, so far from weakening the stomach, most powerfully strengthens it; and when it does so in those enfeebled by consumption, how much more must it invigorate those who are stronger. In training, however, it is to be recollected that the vomiting is only repeated once, or at most twice.

But though the stomach is thus rendered keen from very emptyness, yet it is some time before it can be brought to relish the beef-steak breakfast, and the unvarying round of steaks and chops, without either soup, sauce, or wine, to whet its hunger, and make the morsel "go glibly down." This, however, like the slight fever mentioned in our last (page 353.), is but a temporary squeamishness, a kind of lingering of the old dietetic habits of the individual, which a few days perseverance will wear off; and after this the appetite becomes astonishingly eager and sharp-set; even the training fare of chops and steaks, with nothing but stale bread or dry biscuit, are looked upon as dainties, by the hungry man in training; and his ale tastes more deliciously than the most exquisite wines, or the finest flavoured tea or coffee.

We say then, that you must train if you wish to procure a keen appetite—if you wish to restore your stomach to youthful hunger, when, as Cowper says,

> ——— My slice of pocket store consum'd,
> Still hung'ring, pennyless, and far from home,
> I fed on scarlet hips and stony haws,
> Or blushing crabs, or berries, that emboss
> The bramble, black as jet, or sloes austere.
> Hard fare! but such as boyish appetite
> Disdains not; nor the palate, undepraved
> By culinary arts, unsav'ry deems.
>
> COWPER'S TASK.

If you wish to feel the fresh enjoyment, which so seldom outlives boyhood, of relishing every thing that is eatable, with plain hunger for sauce, and exercise for your desert, begin a course of training without an hour's delay, and we warrant your success, on condition that you attend strictly to the rules.

The great difficulty with those who have been long troubled with indigestion and a bad stomach, is to get them first to muster courage to begin the course; and secondly, to persuade them to persevere; for nothing so unhinges the mind as indigestion; and its unhappy victim becomes quite fickle in his plans, and in the use of his medicines. He goes from one apothecary and one physician to another, without ceasing; and though he eagerly sets about some system of medicine or diet to-day, he is almost certain to be cooler in its praise to-morrow; and before a week elapses, it is odds that he do not abandon it for some other novelty, which will share the same fate. The stomachs of millions have thus been irreparably ruined by their own absurd fickleness and folly. This will not do in training. If you observe the rules to-day, and neglect them to-morrow, you cannot expect benefit; in fact, you will only deceive yourself, and imagine you are, when you are not, under training, while the whole system will fall into disrepute with you, not from any deficiency in it, but from your method of coquetting with it.

Effects of Training on the Bowels.

No man can be strong whose bowels are weak and relaxed; for as the stomach is fitted for preparing the food, so are the bowels adapted for receiving what is digested, till it be carried into the blood. When the bowels, therefore, are relaxed and loose, it at once shows that they are either weak or filled with unhealthy matter, which produces irritation, and must of course disorder the nerves and the whole system.

As training, therefore, strengthens the whole body, we may well know that it must act powerfully on the bowels. The smart purgatives indeed, which are given at the commencement of the course, must clear the bowels of all corrupted and irritating matter in the same way as the emetic clears the stomach. The bowels having consequently nothing to irritate them, and the food which is taken being almost all nourishment with little refuse, their movements become slower, and a degree of costiveness follows. This, however, though it is at first felt as an inconvenience, is not at all an unhealthy sort of costiveness; for, as we have just hinted, the bowels are always in some degree costive, in high health and vigour.

If, however, the costiveness become troublesome, the purgative, in a small dose, must be repeated and worked off with gruel or beef tea, as was recommended at page 195; and the exercise may be a little diminished, to allow the intestines some leisure to perform their task.

Effects of Training on the Head.

If the blood is too abundant, or not properly purified, it will,

as we have seen, page 300, stagnate in its course through the brain, and produce drowsiness, lethargy, or even apoplexy, or palsy. If you stoop much in such a state, you will instantly feel a degree of stupor or giddiness, or your eyes will be affected with clouds, dimness, or fire-flashes, as is mentioned page 254. The same affections of the head will most readily follow from smart exercise, from quick walking or running, from ascending a stair or a rising ground, or from a slight blow on the head itself.

Now all these evils and inconveniences a course of training will effectually remedy; for, as we shall by and bye see, it improves the quality of the blood, and also regulates its quantity, so that the stream which runs to and from the brain is rendered pure and regular. The man who is trained, therefore, can stoop, run, or sustain a blow on the head, without becoming stupid or giddy; and he certainly has little to fear from apoplexy, or any of the other alarming diseases of the brain.

*** The effects of training on the blood, and on the lungs, in our next paper.

Remedies for the Fear of Apparitions. By Dr. Alderson, of Hull.

When the sun sets, shadows that show'd at noon
But small, appear most long and terrible;
So when we think fate hovers o'er our heads
Our apprehensions shoot beyond all bounds:
Owls, ravens, crickets, seem the watch of death;
Nature's worst vermin scare her god-like sons;
Echoes—the very leaving of a voice—
Grow babbling ghosts, and call us to our graves.
Each mole hill thought, swells to a huge Olympus;
While we, fantastic dreamers, heave and puff,
And sweat with an imagination's weight.

Dryden.

That the fear of apparitions is a disease either of the nerves acting on the mind, or of the mind acting on the nerves, must be clear to every body who reflects on it. That it may be fostered also, if not produced by terrific nursery tales, so universally told to children, or by the bugbears made use of to frighten infants, we must also admit; though we are sorry to say that the charge cannot be confined to superstitious old nurses, or ignorant nursery maids—as many mothers, in other respects rational and intelligent, scruple not to lend their aid in impressing the minds of their children with terrific images, and with the fear of ghosts, demons, and darkness, no more than they scruple to stuff their young memories with (to them wholly un-

intelligible) scraps of hymns, verses, historical dates, and the mystical and nonsensical terms and definitions of grammar, thereby laying a sure foundation in the child for want of judgment, not to mention the risk of producing water in the head, convulsive fits, falling-sickness, and other nervous disorders (see page 237.) This we call drugging the memory of a child; and like all other modes of drugging, it most certainly will produce the very disease (namely ignorance) which it is intended to cure. But we must leave this nerve-destroying system of memory-drugging till another time, and hear what Dr. Alderson has to say of apparitions.

Dr. Alderson seems to be of opinion that the disease is not necessarily connected with darkness, but depends on a fulness of blood in the brain. When consulted in such cases, therefore, he usually, according to the patient's strength, takes away some blood, puts on a blister or two, and gives purgatives. We think, however, that most cases of apparition-terrors must depend on an opposite temperament, and must require, of course, a directly opposite method of treatment. We shall, however, allow his cases to speak for themselves.

Case of a Lady who saw Phantoms.

This case is very curious, from its seeming to be what is called by surgeons a *metastasis*, or change of gout from its usual seat in the great toe, to the powers of the brain. Mrs. B. was a fine old lady of 80 years of age, whom Dr. Alderson had often attended in fits of gout. At the time when she expected her usual attack of gout, she was seized with considerable deafness, and great distension of the organs of digestion. Immediately upon this attack she was visited by the phantoms of some of her friends whom she had not invited, and whom she at first so far considered as actually present, that she told them she was very sorry she could not hear them speak, nor keep up the conversation with them, she would therefore order the card table; and she accordingly rang the bell for that purpose. Upon the entrance of the servant, the whole party disappeared, and she could not help expressing her surprise to her maid, that they should all go away so abruptly, without taking leave. She could scarcely believe the maid's affirmation, that there had been nobody in the room.

When convinced of the deception, she was so ashamed, that for many days and nights together, she suffered, without complaining, the intrusion of a variety of phantoms: and had some of her finest feelings wrought upon, by the appearance of the ghosts of friends who had been long dead, and who only came to cheat her fancy, and revive sensations that time had

almost obliterated. Having determined not to mention the subject again, lest she might expose herself to ridicule, she contented herself with merely ringing her bell, finding she could always get rid of the phantoms by the entrance of her maid, whenever they became distressing.

It was not till some time after she had thus suffered, that she could bring herself to relate her distress to Dr. Alderson. She was all this time quite convinced of her own rationality, and so were those friends who really visited her; for they never could find any one circumstance in her conduct or conversation, to lead them to suspect her being in the smallest degree deranged, although she was evidently in bad health.

The visits of the ghosts of the dead, and the phantoms of the living were entirely put to flight, and removed by gentle purgatives, with cataplasms to the feet; and terminated, a short time afterwards, in a slight fit of gout. Mrs. B. remained to the end of her life, in the perfect enjoyment of her health and faculties.

Another Case of a Phantom-seer.

Another patient of Dr. Alderson's informed him by letter of an affection, perhaps still more singular than that of Mrs. B.—"I am oppressed," he says, "by a complaint the most extraordinary I ever heard of; it only afflicted me this morning, and has occasionally shewn itself during the day. My only complaint is that which accompanies a series of hard living; I can eat tolerably well, but I had a most violent bilious attack the latter end of last week, and vomited incessantly. This morning I awoke early, after two very unusually sleepless nights, and to my surprise I saw horrid and ghastly spectres constantly present to my imagination; but to my greatest surprise, during a walk in my grounds about eleven o'clock, I fancied I saw a set of poachers on my estate, coursing a hare; I followed them on foot for several miles, they being present to my view all the time.

"As they were on horseback they eluded my pursuit. Having returned to my house, I again saw them a short time afterwards, similarly occupied in the front of my house. I immediately ordered my horse, and again pursued them for miles, until, on taking a large fence, I suddenly lost sight of them, and I am now fully convinced that the whole was an illusion. In my family affairs and business I am competent, but very uncomfortable, fearing it may affect my intellect. I therefore hope to see you here as soon as possible this evening. I forgot to say, that when not very sober, I had a fall from my horse a few days ago, but did not receive any material injury at the time.

Of the treatment followed in this case, Dr. Alderson has not

yet informed us; but as it seems to have depended on a rush of blood to the head, his usual plan would no doubt be successful.—We should be glad of similar cases, well authenticated, from any intelligent correspondent.

Medicine and Good Living. By Mr. Houlton.

We know nobody, at this moment, that better deserves to be elected into our Committee than Mr. Houlton, of Lisson Grove, who has, by an ingenious invention, combined at once two great objects, so commonly and so erroneously deemed uncombinable, we mean, Medicine and Good Living. Gingerbread has always been a great favourite, particularly with the young; and they alone, if we are to trust to Jean Jacques Rosseau, are the best judges of good things. Many grown children, we have observed, are also very partial to gingerbread; as we infer from the universal taste for gingerbread flower gardens, and gingerbread buildings, such as the Pavilion at Brighton. Be this as it may, Mr. Houlton has invented one of the finest things in this way ever contrived by man, and for which no meed of praise, which we can award him, would be at all adequate to his merits:—we mean his

Tonic Gingerbread.

Take equal parts of yellow peruvian bark, and flour spiced with ginger and carraway seeds,

Mix, and make up with the ingredients in the mode used for what is called thick gingerbread; the size of a walnut to be taken twice or thrice a-day.

Mr. Houlton prescribed this in ague, and a single dose taken an hour before an expected fit proved effectual in preventing it, and putting an end to the disease. In the military hospital on the Kent coast, some time superintended by Mr. Houlton, the patients were so pleased with this palatable form of a very nauseous drug, that when the supply became short they were ready to contend for it, and to consider a dose as a great favour. The bark was found not only to be more palatable in this form, but to be less oppressive to the stomach, than in any other form. It is also very justly remarked by Dr. Copland, that the ginger and carraway are useful in the cure, and that aromatics ought always to be given with bark. Might not the sulphate of quinine be also gingerbread-ized?

Barbarities in Midwifery. By Dr. Conquest and Mr. Evans.

The tortures inflicted, and the murders committed, by mid-

wives and accoucheurs, are no less frequent than lamentable; and we would not do our duty to our family readers, were we not to visit the ignorant and criminal wretches, who are guilty of such practices, with the utmost rigour of censure. We shall say nothing just now of Dr. Power, the shampooer; but his turn is awaiting him, though he must be patient under the wholesome chastisement we shall give him for his absurdities. We shall for the present be doing with

DR. CONQUEST'S *Series of Mournful Portraits.*

The Doctor informs us, that he has drawn each of these from the life, and we may be therefore satisfied that they are chiefly London accoucheurs and man-midwives, and that they may at this very moment be perpetrating their barbarities in the families of our readers. It makes our blood run cold to think of it. We shall not keep to Dr. Conquest's language, as we wish to avoid his medical and methodistical cant. We told you, page 5, that there is no meaning in cant.

Portrait 1st.—This bustling fidgetty fellow, by constantly examining, and incessantly meddling, renders the parts so rigid and unyielding, that the labour cannot go on with facility, while the same absurd and injurious handling often produces inflammation of the womb, and ends in a painful, protracted, and dangerous labour.

Portrait 2d.—This man-midwife seems to have been the son of a blacksmith and farrier, if we may judge from his partiality to cold iron, and to brutal operations. He is never contented with the efforts of nature, but blunders forward with his barbarous instruments to hasten the labour, as he pretends. He may certainly hasten the labour, but he has more chance to hasten the death of the mother, or render her wretched for life.

Portrait 3d.—This ignorant dunce appears to be in league with some inn-keeper or wine-merchant, for he ceases not to recommend wine, brandy, and other dangerous stimulants, to bring on, as he says, the labour-pains. For the same purpose, he advises the patient to hold in her breath and force down; though all this is premature and useless exertion; and the woman becomes thereby so exhausted, that when strength is required of her to complete the labour, it is gone, and she has to be delivered by instruments.

Portrait 4th.—A timid, pale-livered man-midwife, and one of the *safe* doctors, whom we shall by and bye dissect. By being over cautious, this man never dreams of rectifying a blunder, or what we may call an *error loci*, till it is too late; and the poor mother, in all probability, falls into mortification

of the parts, and sinks under his eyes, or the child is killed for want of the necessary assistance.

Portrait 5th.—This rash ignoramus is precisely Longman and Co.'s grandmother turned upside down. The old gossip, you recollect (see page 82.), advises you to take no concern about the safety of the mother, or the expulsion of the after-birth; but this blood-stained accoucheur pulls at the navel-string as if it were a cart rope, and cannot of course fail either to invert the womb altogether, or bring on fatal flooding. He also does much mischief by giving opium.

We hope that such of our readers as can recognize, by our description, these barbarously ignorant fellows, who thus sport with the lives of mothers, will exclude them once and for ever from their families. Dr. Conquest assures us, that the "sketches have not one shade too deep, and are but a sample of those practical evils, which are of almost every day occurrence." This is most melancholy; but it is confirmed by a still more horrid picture of country barbarities in

Mr. Evans's *Statement of lamentable Facts.*

These occurred in Derbyshire, and chiefly in the vicinity of Belper, where Mr. Evans is surgeon. Mr. Evans was sent for, October 17, to a young woman in labour of her first child, who was attended by an ignorant quack. This scoundrel, whose only instructions had been received from an old midwife, was puzzled at the skin on the head of the child being a little wrinkled, in consequence of the overlapping of the bones, and imagining this to be some membrane that obstructed delivery, actually cut it away, and scalped the child as far as he could reach with his fingers.

In four cases, viz. Mrs. Brown, Mrs. Hawley, Mrs. Turner, and Mrs. Knighton, in which midwives attended, the navel-string broke, the after-birth was not expelled, and the women all perished before proper assistance—which might have saved them—could be procured.

An ignorant man-midwife, of Wirksworth, was attending a woman in labour, but as he understood only head-presentations, he did not know what to do when the child's arm presented. The barbarous wretch, when thus at a stand, thought that the only thing he could do was to cut off the arm. This he accordingly did; but he was no nearer his object than before, and was forced to send for Mr. Shaw, of Wirksworth, a regular surgeon, who turned the child, and delivered the woman with the greatest ease.

These cases might, we are sorry to say it, be multiplied to infinity; and we know no remedy to prevent their occurrence,

except the increased information and intelligence on medical subjects, which we are endeavouring by our publication to diffuse among the people.

Diseases from Dancing. By Mr. Shaw.

It is with some degree of pride, that we claim for the Oracle the distinction of attending more minutely than any other popular publication, to the causes of disease from particular habits and exertions. With this view, we have already given three papers (pages 179, 228, 317,) addressed to musicians, and one addressed to those who frequent theatres and ball-rooms. We shall now avail ourselves of what Mr. Shaw, the scientific anatomist of Great Windmill-street, has observed respecting the injurious influence of dancing.

You will recollect what we have so often said about the increasing strength and magnitude, produced by the exercise of particular limbs or muscles, and on the contrary, the decreasing magnitude and strength caused by inactivity and want of exercise. In either way, as you perceive, deformity of some part of the body may be the consequence, and it is on this principle Mr. Shaw has founded his observations.

Look at an opera dancer who has been at the profession from childhood, and you will at once understand what we mean. The legs of such a person, from having been so much exercised in making extraordinary leaps and pirouettes, are of Herculean size and strength, while the arms are small and feeble. Those, on the other hand, who practice horsemanship and tumbling, are much better proportioned than mere dancers, because their exertions are not confined to the legs, but bring all parts of the body into play. Yet as Mr. Shaw well observes, all the muscles of their body are so much increased by their performance of feats of strength, that their appearance may almost be considered a deformity.

Mr. Shaw, very justly we think, illustrates the deformities of the feet, often produced by dancing, by the stretching of the tendons in cases of violent sprains. This always renders the tendons weak and spongy, while after long and undue stretching they become unnaturally lengthened and elastic. The tendons, indeed, of the ancles, of most admired dancers are so unnaturally stretched, that in certain postures, as in the bolero dance, the shin nearly touches the floor; so bad, indeed, is the effect occasionally produced by frequent stretching, that the feet of many dancers become quite deformed; for the tendons which bind the bones together, become so much lengthened by dancing and standing on the tips of the toes, that the natural arch of

the feet is at last totally destroyed. This effect is very evident, when the dancer is obliged to bring his heels to the ground, as in walking the streets; he then appears lame, the position having become almost unnatural to him. The gait of an opera dancer, in walking, may be said to resemble, in some respects, that of a bear dancing; for this animal, which, like all other quadrupeds, walks on the tips of his toes, must, when obliged to dance, bring his heels to the ground.

Mr. Shaw's observations are taken in the extreme, and he does not mean to say every young person who dances shall have the arch of the foot destroyed; but if such effects occur with opera dancers, they must, to a considerable extent, influence all who practice dancing; and more particularly girls, the tendons of whose feet being weak will be easily stretched, and deformity produced. We lately saw a very bad case of this kind, in a young lady, aged eleven years. To remedy the deformity, boots, with a steel spring, were procured; but these, of course, only made the deformity worse; and as the dancing was never suspected as a cause, it was continued more assiduously than ever, under the notion (in this case false), of strengthening the foot by exercise. We hope our readers will attend to these observations. Recollect, we do not condemn dancing, we only denounce its abuse.

Hoax-Case of Hydrophobia, from a broken Tea-cup.

The Medical Journals and Newspapers, of both Paris and London, have, for the last two or three months, been hoaxing one another and the public, with an account of the novel and extraordinary treatment employed by M. Magendie, in a supposed case of hydrophobia, which term, by the way, is medical Greek for "Water-fear," it being usual, though not uniform, that a person bit by a mad-dog has a terrible dread of water. There is, we believe, in most cases of this horrible disease, a difficulty of swallowing both solids and fluids, and an antipathy at the sight of water; but that the patient always dreads the sight of water is far from being an established fact; and it is well ascertained, that both dogs and wolves, who have the disease, will not hesitate to swim through water if it lie in their way. For proof of this, we refer you to a very interesting history, by Dr. Brera, of Modena, of a wolf who bit thirteen persons, and had just before crossed the river Serio*. Brera saved

* Commentario Clinico per la Cura dell' Idrofobia. Del Cavaliere, V. L. Brera. Modena.

four of these patients out of the thirteen who were bitten, by large doses of belladonna.

M. Magendie's hoax-case was treated (for what reason we know not), according to a plan in which he had already failed, when it was tried upon a mad dog. His plan was to open a vein, take away a quantity of blood, and in its place to inject into the vein an equal quantity of water. When he tried this experiment on the dog, it died in five hours, but with some calmness of the more violent symptoms *.

In spite of this disappointment, when M. Magendie was called to a man who was *said* to have hydrophobia, he immediately set about injecting water into his veins, and having done it, dispatched an account of his performance to all the Journals of Europe, for such is uniformly the very *modest* practice of French philosophers. In this case, however, his vanity was for once sadly disappointed; for it unluckily never occurred to him to ascertain whether the man had been bit, nor to be very particular whether or not he had hydrophobia. The experiment of the water injection, and the fame of his intrepidity ringing throughout the world were uppermost in his mind: the fate of the man was a different concern.

This hoax indeed, took so well, that some of our English Medical Journals got into a squabble about who had the most early intelligence of the experiment! But lo, and behold! it now turns out that the man had never been bit at all, and that he had only scratched his hand by falling on a broken tea-cup!!! The injection of the water, however, or something else, soon proved fatal, as often happens in hospital experiments, and the poor man died.

Had the man lived we should never probably have heard of the broken tea-cup, and his case would have been trumpeted to the ends of the earth as a successful cure of hydrophobia, in the same way as certain common sores, pimples, eruptions, and boils, are called scrofula and cancer by such fellows as Whitlaw and Aldis; and these affections being easily cured, the hoaxers take the credit of having cured scrofula and cancer. Alas for the gullability of honest John Bull! and we fear, it is hopeless to try to unhoax him.

*** We have in readiness a more extended paper on hydrophobia to appear in the dog-days; and also curious experiments of injection into the veins, performed by a young physician on his own person.

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* See Journal de Physiologie. Par M. Magendie. Paris.

Philosophy of the Hair. No. 3.

As the superabundance of lime in the body is one main cause of grey hair, of which you may convince yourself by observing the early grey hair of people who live in a limestone or chalk district; so is the contraction of the pores of the skin, one of the chief, if not the only cause of baldness. What the surgeons who jabber Latin call *cutis anserina*, which means "goose-skin," from its resembling the skin of a plucked goose, may be produced as we have seen by cold, by grief, by fear, or by fever, and in this way the hairs may be partially strangled, preventing the rise of their colouring matter, and of course turning them grey; or they may be cut off or snapt short on their exit from the skin, and the roots only left behind—but wholly confined and kept out of view below the skin, the consequence of which is baldness.

These facts will at least open your eyes to one clumsy trick of puffing, adopted by master Prince, and other hair-oil and bears'-grease-men, namely, that the puffed article will cause the hair to grow on a bald place "*if* any of the roots remain." *If?* why the roots of the hair never perish (see p. 276.), and this shows you that those money-making monopolists of hair-oil know nothing of the matter, and being so deplorably ignorant of the cause of baldness or of grey hair, how, in the name of wonder, can you suppose them to understand the cure? Master Prince, if we are rightly informed, has more to answer for than the Russia oil humbug. Was it not this same Prince of the oil cask, who taught that old ignorant swindler, my Lady Mutton, to *sooth* so many infants to their graves, with her poisonous American syrup? If it was not he, we call upon him to explain what connection he had, or has, with old Mother Johnson; and whether he is not at this moment one of the partners in the infamous quack firm of Johnson and Co. the child-poisoners? But for the present we must pass over Ross, Rowland, M'Alpine, and others, and proceed with our philosophy.

Since the skin from various causes, as we have seen, strangles or destroys the hair, the only possible remedies for either baldness or grey hair, are such as shall counteract and remove this state of the skin. The most usual cause of baldness appears to be the hardening or thickening of the skin, rather than its puckering, as in the case of grey hair; and whatever can be found to remove this thick horny texture of the skin of the head, will most certainly make the hair grow again, even on a bald part. This remedy, however, we fear is still to be discovered, as we know of none which will to a certainty produce the

effect, though, from the earliest antiquity, many things have been recommended as infallible. We shall, however, give you a

Test for Curable Baldness,

By which you may ascertain whether any of the vaunted remedies have a chance to succeed. The test is this: rub the bald part smartly with your hand for a minute or so; if it become easily red, you may have some chance for a cure; if it remain white, it may be pronounced incurable. This is founded on the principle, that the more irritable the skin is, it possesses the more life, and has the greater chance to be brought back to the freshness of boyhood; while, on the other hand, the less irritable and the more dead it is, you may have less hopes of rendering it soft and permeable, by the hair again springing from its roots.

We decidedly disapprove of oily and greasy stuffs being applied in every case. Frequently the head is too greasy naturally, and the oil can only add to the evil. In that case we should prescribe the following

Liniment for Baldness.

Take half an ounce of spirits of hartshorn,
an ounce of olive oil,
a tea spoonful of eau de Cologne.

Mix, and apply to the head twice a-day, for three months.

If the head is very greasy, the spirits of hartshorn alone, or mixed with half their quantity of pure water, rubbed upon the head once a week, will effectually clean the hair, and make it strong and glossy. The essence royale, page 79, should be used to wash the hair. On the other hand, when the baldness arises, as it most usually does, from a deficiency of moisture in the skin, then by far the best thing we have hitherto discovered is the

Palma Christi Oil for thickening the Hair.

Take an ounce of Palma Christi oil, called by the Chemists, *oleum ricini*,
a sufficient quantity of oil of lavender or bergamot to scent it.

Apply it morning and evening, for three months, to the parts where you want the hair to grow thick.

This is much used, and with great success, for thickening the hair, in the West Indies; and we are indebted for the receipt, to a lady who has long employed it. We believe that it has not hitherto been made public. If it prove equally successful here as in the West Indies, it will gratify us to be assured of the same by our readers who may try it.

Having thus given you these novel remedies for two sorts of baldness, the greasy and the dry, we may also mention the oldest, we believe, on record, it having been used centuries ago by the Greeks and Romans for thickening the hair, and preventing it falling off; we mean the

Stimulant Hair Water.

Take a handful of southern wood leaves,
a handful of leaves of box,
two pints of boiling water,

Infuse till a strong tea is formed, and wash the head with it, morning and evening, for a month.

One author goes so far as to say that you must not allow this to touch your face or hands, or it will cause hair to grow on them!! This is more than Prince, Ross, or Rowland ever dreamed of. We hope it will answer on trial; but we have no experience of its powers.

*** In our next paper on the hair, we shall give receipts for changing its colour; and analyze the Grecian water, &c. &c.

Mushroom-Amateurs. By Dr. Lyall.

Dr. Robert Lyall—*quasi* Lie-all, an ominous name for a traveller, has lately published a large tragico-quizzical quarto on Russia; the merits and demerits of which, we pitch to the critical crew who relish red herrings, rein deer tongues, and similar withered viands. With us, metal more attractive is the doctor's "remarks on mushrooms, with catalogues of the species reckoned edible by the Russians, and notices of the method of preparing them," on which our Committee eagerly fastened, with the hope of discovering something fresh and fat in our favourite science of Good Living.

Immense numbers of mushrooms are eaten in Russia, says the doctor, and yet no account of the *modus operandi*, (which to the unlearned means picking and cooking) has been published in any other country of Europe, a lamentable void which he proceeds to fill up. Accordingly he gives us their Greek, Arabic, German, French, Italian, and English names; which we would as soon fill our bellies with the east wind as try to hammer out, but we must not omit his glorious remark, that *fungus* comes from the Latin word *funus*, a funeral, and *ago* *, to cause or act, on account of the deaths occasioned by the incautious use of the

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* We once heard a learned university Professor assert, that this Latin word "*Ago*, is the grand-father of action; the prime generator of human energy in all its modes!!!" How very, very learned!

dangerous species; a derivation just as wise and probable as if he had deduced them from *funis*, a rope, and *ago* to bring, from their being brought, as he tells us, to market on strings. Dr. Lyall also talks a great deal of their mode of growth, their quick bloom, and as hasty decay—informs us of their habitats, and the method of cultivation, of all which the above critics are welcome to make a *bonne bouche*, while we keep to the substantials.

"Some mushrooms are said to excite strength, and to increase the appetite. Certainly pickled mushrooms have this effect when a few are eaten at a time, but the effect may be owing in a great degree to the materials used in pickling. Mushrooms eaten in great quantity overload and derange the stomach, cause oppression of the breast, distention and flatulency, which finish by nausea and vomiting, and sometimes by a diarrhœa; or by causing indigestion and want of appetite." Mercy on us, we shall have none of such!

He then proceeds to divide mushrooms into two great species of edible and non-edible, observing that the Russians display infinite tact in avoiding the latter. They particularly abstain from what botanists learnedly call the *Agaricus Campanulatus* and the *A. Muscovius*, though the Kamtschatkadales prepare an aromatic spirit from these two kinds, which is considered a dainty.—Ah, this is news indeed: we must send for some by the next ship which clears out for Kamtschatka.

"In some of the woody parts of Russia, mushrooms and bread compose the greatest part of the ordinary food of the peasants. Some mushrooms as soon as collected are strung upon small cords, some are cleaned and dried on mats, some are salted or pickled for spring or winter stores, and many are dressed fresh from the woods and fields."—What ignorant fellows we are in England!

"Mushrooms are eaten fried, boiled, or pickled, while their season endures, by all classes of society, and are particularly useful during the fast, dressed with hemp oil by the peasantry, or olive oil for the nobility. At the other seasons of the year, the dried, salted, and pickled stores are required."—O blessed Russia!

"Mushrooms are variously dressed in Russia. They are fried on hot ashes or in a frying-pan; they are boiled alive*; they are boiled with *stchi*." [our readers must pronounce this as well as they can, or if they think Storch's orthography of the same word pleasanter, they may try their tongues on

* How barbarous! We must send our friend the Member for Galway to draw up a prohibitory ukase; for some of our greatest naturalists consider mushrooms to be of an animal more than of a vegetable nature.

schtschi, which is the way he spells it,] "or cabbage soup; they are roasted with butter alone, or oftener with butter and *smetana*, or sour cream. They also enter into the composition of some puddings and pies. The latter are generally eaten with soup, or with *stchi*. Mushrooms are often served up with beef-steak or roast beef sliced, either alone or minced with potatoes, carrots, turnips, cabbage, asparagus, &c., and sauce. They are excellent when prepared with cutlets and rich sauce duly seasoned."

No doubt they are, but we need hardly go to Moscow to find *that* out. It is odd enough, however, that many mushrooms deemed poisonous in other countries are eaten freely in Russia. The doctor does not well know how to account for it, whether the longer winter in that country has the effect of making them milder, or whether the Russians being used to the food from infancy, they are enabled to swallow what would poison less practised eaters, as the Turks do opium; or whether they are better picked and dressed by them, or whether the said calumniated fungi are not poisonous at all, but so considered by vulgar prejudice, he does not presume to decide; but the fact, he says, is certain. He evidently inclines to the last supposition, which receives support, besides, from the testimony of Sir Alexander Crichton, whose daughters, on their return from Russia, had, with the assistance of a Russian servant, whom they brought over with them, picked mushrooms here at home, which their cook refused peremptorily to put into her dishes, lest death should be laid at her door †. They were eaten nevertheless with perfect safety and satisfaction. Hence, Dr. Lyall suggests, that a botanical and medical inquiry into the nature, culture, and cookery of the mushroom tribe would, in all probability, introduce new articles of luxury and good living.

"There are," he says, "500 species of mushrooms in Britain," a larger number than in Russia, many of which, he is confident, are edible, though at present rejected. What a supply of food, especially for the poor, in hard times, is annually lost for want of knowledge," quoth the Doctor; and we agree with him, and could extend the observation to much more important articles than the mushroom. The subject, however, is worth thinking of; and when spring calls up these fairy tribes into existence, we shall ponder duly upon it, after which our Committee will carefully report progress.

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† By this hint we perceive that Sir Alexander does not sport a man cook. Pray, does he employ a Russian to prepare his tar vapour for his consumptive patients?

Poisoned Cakes and Confectionary.

It is passing strange that amateurs of good living, who are only in their noviciate, should go so much by colour, though colour has absolutely nothing to do with taste and flavour. It is such a piece of mere babyism in gourmanderie, that we hoped never to see it get beyond the gingerbread stalls of Bartholomew fair, or the bottled carraway comfits of a village grocer. Colour indeed is all very well, and we can have no manner of objection to it so far as it is innocent, and we certainly do prefer greens or green peas really done *green*, to the black looking mash so often served in their stead, but we should rather be condemned never to taste either, than have them poisoned with verdigrise by being boiled with copper half-pence, or in copper saucepans, as directed in the cookery books.

The great mart, however, for poisons of all descriptions is the confectioner's and pastry-cook's shop, where you may have good things coloured, or, as it should be translated poisoned, with all the colours of the rainbow,—green, red, purple, blue, and yellow. Never, if you value your health or your life, taste, touch, or handle any of those deleterious things, however sweet or tempting they may be; as you may be certain of being injured by them, as we shall show you.

All the metals,—lead, copper, brass, iron, arsenic, &c., are more or less poisonous, and almost all the colours used in confectionary are derived from one or other of these. Verdigrise, vermilion, prussian blue, and king's yellow, thus used, are most dangerous poisons, and though the cakes and confections may look pretty enough to the eye of ignorance, yet to the penetrating look of the chemist, and the scientific gourmand they present only the beauty of the basilisk—the prettyness of the speckled serpent lying in wait to destroy. This is not theory: listen to facts.

A few days ago Mr. Tatham, of Golden Square, came to the public office Marlborough Street, and informed the sitting magistrate, Sir G. Farrant, that having had a party of friends at his house, and having provided, as usual on these occasions, such confectionary as was necessary from a respectable shop, among which were "wafer cakes," coloured green, blue, and red, &c.; his servants, particularly, the house-maid and footman, made free with a considerable quantity of the same. They paid the penalty of their rashness by being taken very ill, and on Mr. Shelton, the family surgeon, being sent for, he declared that they were labouring under the effects of poison, and though he administered the proper antidotes, the man was not considered

out of danger on the 17th ult. We ourselves know a very bad case of the same kind, which occurred a few weeks ago.

On analyzing the wafer cakes, from eating which the servants were taken ill, Mr. Shelton found verdigrise, sugar of lead, and other poisonous ingredients, and ascertained that they had been baked on sheets of copper. We trust that our readers after this will content themselves with plain ices, without the additional luxury, and usual accompaniment, of poisoned wafer cakes.

Influence and Success of the Oracle—Orator Hunt, the Quacks, and the Hospitals.

The following facts will prove that we have some right to boast of the salutary influence of our efforts to expose and put down humbug and quackery, which, from the commencement of our work, we have strenuously endeavoured to do. Our readers will recollect, that a few months ago we exposed the very extravagant profits which Mr. Orator Hunt was deriving from the sale of roasted rye for breakfast powder, which only cost him a penny or three half-pence per pound, while he sold it for a shilling. No sooner did we make the exposure than it was copied as usual, without acknowldgment, by all the Newspapers and Two-penny Magazines, to the great annoyance of the self-called Reformer of taxes, grinding, and extortion.

In an unlucky hour, Hunt was induced to reply to the exposure, by a letter inserted in the Times Newspaper, of the 12th February, 1824, not addressed to us, (he was afraid perhaps) but to the editor of the magazine who had plagiarised our estimates. In this impudent letter, he has the unparelleled effrontery to confess to a profit of 300 per cent., which he justifies by we know not what details of expences for paper, string, salesmen, &c., and by referring to a similar per centage derived from quack medicines, perfumery, and similar flash articles.

This shameless confession of Hunt's, which was accepted by the plagiarising magazine as quite exculpatory, we again exposed, by a letter in the Times, of the 14th February, showing the gross inconsistency and humbug of a man's whining about taxes, the dearness of coals, and the miseries of the poor, while he himself was pocketing eleven-pence out of every shilling paid for his roasted corn, by the poor who could not afford coffee; though bakers, grocers, butchers, and all other dealers in the necessaries of life, are contented with one thirtieth part of Hunt's extortionable profits.

Hunt, whom from these facts we may well call the poor man's purse-sucker, did not find it convenient to reply to this; in fact he could not, without, as the proverb has it, "getting

out of the nettles into the briars." He contented himself therefore, for a space, with calumniating in his placards, the goods of his rivals in the trade of corn-roasting, bidding the public beware of cheap and unwholesome imitations of *his* breakfast powder, which, as he alledged, were made from damaged grain. But his unmanly and unfair method of driving his rivals out of the market did not, and deserved not to succeed; and the roasted corn prepared by others at sixpence a pound, and sold in every street, soon wofully diminished his receipts and threatened the very existence of his humbug shilling shops.

In this dilemma, Hunt, to save his concern from the threatening ruin, all at once, though rye is now dearer, reduced his roasted corn from one shilling to four-pence a pound—the very price at which you may recollect (see page 199.) we said it ought, on a moderate profit, to be sold; but he still continues in his placards to calumniate the cheap corn of others, alledging it to be damaged. Does he mean to let us infer, that his four-penny article is made from damaged grain? The inconsistency of the man is beyond all belief. At the Winchester meeting last week, he again came forward with his cuckoo-chorus of the poor being oppressed with taxes, though he had himself, without remorse, come down from London, having his purse well lined with many a poor man's shilling paid to him for one penny-worth of his roasted corn.

Besides the extravagant profits of this shameless calumniator of his rivals,—we have successfully put down and demolished one infamous quack firm, viz. Thomson and Co. of the Strand, curers of gout, rheumatism, and itch, (see page 202.) whose house we perceive is shut up, and the painted wall now stands like a huge sepulchre, with the epitaph of the departed mountebanks. Dr. Crumples Cameron is also falling into "the sear and yellow leaf" of business, and confines himself to chamber puffing; Dr. Ears Smith of Golden Square has withdrawn his puffing advertisements; Fletcher has not ventured another puff-sermon, nor Alderman Key another puff-speech for the impostor Whitlaw; Dr. Collyer refused, we are told, a prime grass-fed haunch of mutton sent him as a puff-bribe by old Mrs. Soothing-syrup; Churchill has half resolved never to name Lord Egremont or Sir Isaac Coffin again; Eady's hand has become tremblingly unsteady, as you may see by his wall-chalked letters of recent date; and Jordan has fled to Ireland with his Rakasiri——all—all for very fear of the Oracle.

We observe that somebody who assumes the name of Day, has begun a quack concern in Great Queen-Street, a few doors from where Whitlaw commenced his infamous humbug, and

in connexion with the Gowland's Lotion Beldame. Day sells a very dear mixture to cure asthma, the receipt for which you may find in any common book of medicine, and may procure it at one fourth the quack price. We think this blow will do him up; but if not we shall not spare hits the next round.

We confess to a little vanity having crept into this paper; but hope it is excusable. We are not yet so great men as to say with John Abernethy, the famous surgeon, "If I thought I had a particle of vanity, egad! I should pink my head against the wall and beat my brains out." This declaration, indeed, we call vanity run mad; for you may be certain that whenever a man begins to disclaim vanity, he is just about to commit some notable bit of boasting.

"Five minutes more gentlemen," as Sir A. Cooper says, "and we have done."—As another proof of the Oracle's influence we may state, that there has not occurred at St. Bartholomew's Hospital, any other case of pregnancy mistaken for dropsy, since that which we mentioned, last year, in our November-extra. We state this because we perceive some of the journals bringing it up as a new case, though the young woman is dead long ago, in consequence, we believe, of the mistake. Our influence in the Hospitals extends much farther than this; for you will see, that from and after the publication hereof, Sir Ludford Harvey, of St. Bartholomew's, must *nolens volens*, resign the knife to Mr. Lawrence, and if Lawrence retracts, as he did in the case of his famous lectures*, then we dare say our

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* *The following is Mr. Lawrence's Retractation or Recantation.*

College of Physicians, April 16th, 1822.

"Dear Sir,——The renewed publication by others, over whom I have no control, of the work which I suppressed three years ago, induces me to offer to you a few observations on the subject, and to present them through you to the Governors of Bridewell and Bethlem. The motives and circumstances of the suppression in question, are detailed in a letter to Mr. Harrison, through whose medium it was communicated to the Governors of the two hospitals; and this letter, I conclude, is entered on the minutes of their proceedings.

"Further experience and reflection have only tended to convince me more strongly, that the publication of certain passages in these writings was *highly improper;* and to increase my *regret* at having sent them forth to the world; to make me satisfied with the measure of withdrawing them from public circulation; and consequently firmly resolved not only never to reprint them, but also *never to publish any thing more on similar subjects.*

"Fully impressed with these sentiments, I hoped and concluded that my Lectures would in future only be regarded as professional writings, and be referred to merely by medical readers. The copies which have gone out of my possession from the time when the sale was discontinued, to the late decision of the Lord Chancellor, which has enabled all who choose to print and publish my Lectures, have, therefore, been granted only as matter of favour in individual instances to professional men, particularly foreigners, or to scientific and literary characters.

bustling friend Henry Earle will be ready to brandish his knife as willingly as we have seen him brandishing his broken bones in the very teeth of Sir A. Cooper. We refer to the time when Earle pushed Sir Astley to the wall with a broken thigh-bone, and compelled him to cry out "Good God!" *(see Oracle, p.118.)* the Baronet being in bodily terror lest Earle should Sampsonize him, as an uncircumcised Philistine.

Bartholomew's is undoubtedly wealthy enough, (thanks to the old monks), to give sinecures; but it would be more to their credit, we think, to grant pensions of superannuation for long

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"My expectations have been disappointed by the piratical act of a Bookseller in the Strand, named Smith. When his reprint of my lectures was announced, I adopted the only measure which could enable me to continue the suppression of the work, namely, an application to the Court of Chancery for an injunction against this person, being encouraged by the decidedly favourable opinions of two eminent Counsel before whom the case was laid. The course of argument adopted by these gentlemen in the proceedings which ensued, was that which they deemed best calculated to attain my object, the permanent suppression of the book. It is not to be regarded as a renewed statement or defence on my part, of opinions which I have already withdrawn from the public, and the continued suppression of which, in conformity with my previous engagement, was my only motive for incurring the trouble and expense of a Chancery Suit.

"As to the charge of *irreligion*, again hinted at in the Court of Chancery, I beg to repeat what I have already expressed in my letter before alluded to—that I am fully impressed with the importance of religion and morality to the welfare of mankind—that *I am most sensible of the distinguishing excellences of that pure religion which is unfolded in the New Testament;* and most earnestly desirous to see its pure spirit universally diffused and acted on.

I remain, Dear Sir, with great esteem and respect,
your very obedient Servant,
(signed.) "WM. LAWRENCE."

"Sir R. C. Glyn, Bart. President of
Bridewell and Bethlem, &c. &c.

We wish Mr. Lawrence would brush up his memory a little with respect to his anxiety to suppress the lectures. Did he or did he not a few weeks before this notable letter, instruct Mr. Highley, of Fleet Street, to advertise, to subscribe through the trade, and to sell his book? If he did this, how does he reconcile it with his conscience and the above letter? Does Mr. Lawrence think it nothing to publish within a few weeks a denial of the soul's immortality with sneers at the Scriptures, and retract all again as it may suit his convenience, or save his place?

As to Mr. Lawrence's suppression of the Lectures—we ask him whether he did not purchase about 800 copies from Mr. Callow when he pretended to withdraw them; whether he did not re-sell these to Callow to be retailed at the rack-price of a guinea and a-half, or two guineas a copy, under the idea of its being a suppressed book; and whether he did not, in this way, sell 500 or 600 copies, leaving only about 200 for Highley's second sale? His answers will stamp the value of his eulogium on Christianity; or is that ironical? So much for Faith.

As Mr. Lawrence, we hear, is to succeed Sir L. Harvey, now retiring on a pension, or on half-pay—who is to be assistant surgeon at Bartholomew's? The candidates are reported to be Mr. Samuel Cooper—Mr. E. A. Lloyd—Mr. Wormald—and Mr. Skey, one of Abernethy's Apprentices. We shall keep an eye on the election.

and useful services, than for ignorant blundering, and rash tampering with the lives of patients. Before they venture to grant such pensions, we counsel them to ascertain whether the strange reasons for the measure are not publicly known; or whether it may not excite unpleasant public inquiry and discussion.

We put a case: if an hospital surgeon bring a patient's life into danger, or if a patient or two die from his rash or improper operations—in the name of common humanity, and common sense, is that surgeon worthy either to remain nominally in his situation, while the duties of it are performed by deputy; or to receive an honourable pension, because forsooth he is old, and his income requires it? We shall have a sharp eye on such proceedings, and bring to light the hidden works of darkness, even to the details of the hospital case of scrotal tumour, mistaken and operated upon for hydrocele, were it nothing more than as a suitable companion to Whitlaw's case of hydrocele, pronounced by him to be a cheesy cancer (see page 162.) Whitlaw was prosecuted, and cast in damages for this mistake; then why not prosecute * * * * * * * * for a worse?

Pray, what does Mr. Stanley mean by a "morbid sore?" If the question puzzle him, we advise him to try a purgative, which, according to his own principles (see page 116.), is equally effectual in clearing the puzzled brains of a surgeon, as the "morbid" bowels of a patient.

Avaricious Monopoly of the College of Surgeons, and their open Patronage of Quackery.

The Royal College of Surgeons have long been famous for their ninnyism and imbecility, of which we may give you two examples, one taken from their annual humbug lecture, meant to make members take off their hats and to eulogise John Hunter, who has no need of eulogy; and another, from their *daily* permission vouchsafed to Taylor and Son, the Leake's pill men, to quack under their auspices, or at least, which is much the same, to assume their authority (fraudulently it may be), without being called to any account. This is bad enough, and shews of what sort of men the management of the College is composed; but it is nothing to the flagrancy of a law just passed by this sage conclave, which is certainly unparelleled for its avaricious monopoly, and its *ex post facto* tyranny. As this is of intense interest to all who may be necessitated to call in a member of the College to his family, and to all who may wish to bring up their sons or their wards to the profession, we shall give you this iniquitous and oppressive law in their own words:—

"The Court of Examiners, in pursuance of their duty to

promote the cultivation of sound chirurgical * knowledge, and to discountenance practices which have a contrary tendency, have resolved:

"That from and after the date hereof:

"The only schools of surgery recognized by the Court be † those of London, Dublin, Edinburgh, Glasgow, and Aberdeen.

"That certificates of attendance upon the chirurgical * practice of an hospital be † not received by the Court, unless such hospital be in one of the above recognized schools, and shall contain on an average one hundred patients.

"And," [now mark the monopoly] "that certificates of attendance at Lectures on Anatomy, Physiology, the Theory and Practice of Surgery, and of the performance of Dissections, be† not received by the Court, except from the appointed Professors of Anatomy and Surgery in the Universities of Dublin, Edinburgh, Glasgow, and Aberdeen; or from persons teaching in a school acknowledged by the medical establishment of one of the recognized hospitals, or from persons being Physicians or Surgeons to any of these hospitals."

"By order,

"EDMUND BALFOUR, Secretary."

"19th day of March, 1824."

The law means, in one word, that a surgeon must pay the College Fellows his guineas, for such instruction as they can, or such as they choose to give him; and though he be as learned, or more so, than the whole College put together, he can have no admission there if he has not thus guinea'd the Fellows.—Stop: we are wrong; but it is a mistake easily set right! it is not *all* the members of the College who are allowed to teach and pocket guineas; it is only the makers of the law!!

The origin of this monopolizing measure is understood to be the following: The late Mr. E. Grainger, when almost a boy, established a Medical School in the Borough, in the very face of Sir Astley Cooper's lecture rooms; and such was the astonishing success of this young man (who unhappily fell a victim to his ardour at the early age of 26), that he soon saw himself surrounded with as numerous and respectable a class as the celebrated Baronet. Young Grainger's anatomical class became immediately the basis of a new Medical School, and Dr. Armstrong, Mr. R. Phillips, and the great discoverer, Dr. Davis, were engaged as lecturers. This was most galling to the avari-

* This learned word is Greek for *handy*. What handy-dandy scholars the Fellows must be!

† How do they construe this same *be*, and what part of the verb is it. The Fellows should learn English before they try Greek.

cious monopolists of the College; and, to prevent the thing from going farther, they put their dunderheads together, and resolved, that no upstart medical schools "*be*" in time to come; and that all schools of such description "*be*" abolished forthwith. Now, just take a peep into one or two of these legitimate and upstart schools by way of contrast.

In the Borough, both Mr. Green and Sir Astley were, in anatomy at least, distanced hollow by Grainger; and there is not one of the Borough legitimates can be compared, in their own branch, with Armstrong or Phillips. But these are upstarts, and the College, though it admits such as members, will not allow them to teach. Old Brooks, too, who has taught anatomy in Windmill-street, for nearly half a century, with very great success, is, by this nefarious and *ex post facto* law, deprived of his income, not to mention Carpue, Uwins, Clutterbuck, Davis, Mayo, and many more, whose useful and meritorious exertions are thus destroyed by the College monopoly. It would be nothing, if the College could prove their legitimate lecturers superior to the upstart ones; but they are not even equal to them. The celebrated Mr. Cline himself, for example, disdains to impart his surgical knowledge in a lecture, and flies off at a tangent, to gossip nonsense about king Alfred, while Sir Wm. Blizzard busies himself more in badgering quakers to take off their hats, than to instruct the juniors. Mr. Chevalier, the present College lecturer, employs the hour in simpering pretty sentences and scraps of poetry—in murdering Greek—and in parsonising on the horrors of the day of judgment, when he should be teaching surgery!

In Scotland things are still worse. The private lecturers in Edinburgh, quite eclipse the legitimate men. We have only to mention, in anatomy, the upstart names of Barclay, Fyfe, Lizars, Liston, Allen, and Syme, to show the melancholy and deplorable figure the legitimate Monro must cut beside them. At Glasgow, the legitimate Jeffrey, instead of teaching anatomy, puts you off with fine gentlemanly speeches signifying nothing, and you cannot think for your life when he has done, what the man has been talking about. The upstart M'Kenzie, on the contrary is all life and zeal, and will teach you as much anatomy in an hour as Jeffrey will do in a year. Give us the knowledge, say we, and fine words may go packing to the chick *in ovo*.

We hope then, that this iniquitous and monopolizing law will be instantly abolished by order of Parliament; and that our sons may have the liberty of British subjects of paying their guineas to those teachers from whom they can learn most. If the law stands indeed, quackery must flourish more than ever.

THE FAMILY ORACLE OF HEALTH.

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NOTICES.

Gratis Prescriptions and Advice to Subscribers.

The Editors make it a rule not to visit nor write to Subscribers professionally.

[*Age; habit of body and of living; occupation, causes, progress, previous treatment, and the time complaints have continued, must be stated, and sent on or before the 24th of the month.*]

Erratum. Page 422, line 1. for 113 read 183.

We dare not publish J. P's receipt, as it would offend more than nine tenths of our subscribers, and would not withal be of much use.

C. F. F. Newport, Isle of Wight, is referred to pages 418, and 420. No wash will be of the least use, as the complaint is in the brain and nerves: The digestive, page 183, is good for the feeling of hunger, and for the flushing.

D. B. of Worthing, may try the vapour bath; but we should hope more from Galvanism and Shampooing. Sir H. Halford's pills, page 421, persevered in for three months, might do good; but it is rather a bad case, and may probably baffle all remedies. The cold water, page 127, is good: cold bathing, bad.

A. F. C. S. I. is reminded of the Italian epitaph—"I was well—sought to be better—took medicine—and died." Training may be useful, but no medicine.

A. T. R's complaint arises from nervous irritation, see page 419, &c. The receipts page 399, might give temporary relief as mild stimulants.

S. S. of Islington, has got a scrofulous disorder, which, from its long continuance, cannot be soon cured. The remedy page 445, taken thrice a day, for some months, the eruption being washed with the same, would do good. Sea bathing would be useful, but we should hope most from two months strict training or generous diet.

W. M——d's complaint is in the stomach, over which he should apply not fewer than two dozen leeches, followed by a blister. He may also take Sir H. Halford's pills, page 421.

C. D's complaint is entirely scrofulous, and the sore depending on the constitution. Must dine regularly—train as far as possible—use the receipts page 183 or 445, and apply his ointment as occasion may require, though it is only a secondary remedy.

"J. Hope,"—complaint as common as dangerous—same advice as to L. M. No. 8. The mind must be kept easy, and the bed clothes must be cool and light, or no cure can follow.

L. W. G. need not be alarmed. There can be no ulcer. The dark colour is from bad blood, see page 315. He must train; we know nothing else. We should fear Asthma in the end.

Anna Maria shall be attended to, in an early article on dropsy. For the principles of cure, see page 346.

J. P. S. B. of Finsbury-square, is right to use the salt; the liquid which he finds agree is best, but we should say not more than two small cups of tea, and no water with his wine. Bed at 10, and rise at 6. The bleeding and blistering were useless. The digestive, page 183. after supper. One bottle of good soda water at dinner.

Calvus—Yes—B. C. was not cheated, and may easily guess our motive for the names in the Oracle.

H. J. W. need only *abstain*, take nourishing diet, and keep his bowels gently open. There is no danger.

A "Constant Reader" has our best thanks. We know no plan better than his own for strengthening the child, except good country air. One drachm of oxalic acid would not prove fatal unless the person was very weak: the mistake is of little moment.

We are glad that a subscriber liked our Scots broth, and shall soon accommodate him with prime hotch-potch.

T. R. S. has nervous indigestion, which must have been greatly increased by his apothecary's "14 dozen draughts and pills in proportion." See page 420. The receipe, page 183, is the best thing for flatulence and spasm.

C. R. of Broad-street, is referred to pages 355, 356, and 450. Cold bath improper. No consumption yet.

E. E. of Hampstead-road, must not think of drops, or diet drink, but try the cold water, page 127, the digestive page 183, and the treatment page 355, &c.

A. H. W. is referred to page 111 for excellent remedies, though these can only relieve. If he use tobacco it will prevent a cure.

The eruption described by "Spes" is incurable, except by training. The acid may be mixed with any compatible fluid, and sucked through a quill. It will certainly improve the health.

Robert may be assured that there is *occasional* danger in the use of roasted corn from a poisonous mould often formed on rye.—Smoky chimnies shall be forthcoming.

J. H. of Gracechurch-street should go on *steadily* as he has begun.

E. B. X. must lay aside injections, and keep to strengthening diet.

June Diseases, and the means of escaping them.

——————The Shepherd——
In his gay baldric sits at his low grassy board,
With flowers, curds, clouted cream, and country dainties stor'd;
And whilst the bag-pipe plays, each lusty jocund swain
Quaffs syllabubs in cans, to all upon the plain,
And to their country girls, whose nosegays they do wear,
Some roundelays do sing.———

Drayton's *Polyolbion.*

Health must and will be yours, if you "lead the rural life in all its joy and elegance;" if you attend the shepherd to the sheep-shearing, and partake of his rural dainties, and his rural sports, as described in our motto by old Drayton; if you keep abroad in the sunny air in active pursuit of business, or of cheerful amusement; and above all, if you beware of the evening dews and the chilly nights, which often in this month of beauty, will entice you into imprudent exposure. It is all very well for a poet, whose fancy soars too high above the things of earth, to think of his own health—it is all very well, we say, for him, to wish to

———Sit, and nightly spell
Of every star the sky doth shew,
And every herb that sips the dew* ;—

or to wander romantically about the woodlands at midnight, like Coleridge, to listen to the summer music

———Of a hidden brook
In the leafy month of June,
That to the sleeping woods all night,
Singeth a quiet tune† ;

but this, though it be poetical and romantic, is most certain to injure the health, and sow the seeds of disease, and perhaps of death, and therefore we pronounce it to be foolish and crazy. You may recollect that Thomson, the poet of the seasons, fell a sacrifice to such a night exposure, and hundreds more, who delight in evening walks, and evening parties, have paid a heavy penalty for their pleasure, in the form of inflammations, and summer coughs, which have ended in hopeless autumnal consumption.

While we strongly object to such imprudent exposure to the evening dews, however pleasant and poetical it may be for the time, we recommend no less strongly, on the other hand, a daily visit to "the tann'd hay-cock in mead," and a morning stroll on "the dry smooth shaven green," if "at the peep of dawn," so much the better, for the morning dew, as we remarked last

* Milton's Il Penseroso. † Coleridge's Ancient Mariner.

month, has not been found by experience to be so injurious as that of evening.

The reason of this, is not so much in the dew, as in the state of the body exposed to it. In the evening, the powers of life are exhausted, and enfeebled by the exertions in the business or pleasure of the preceding day, and there comes on an increase of pulse, and a slight feverishness, even in the most healthy. If the pores of the skin therefore are closed by cold moisture, at this period of exhaustion, disease must follow, unless it is immediately counteracted. In the morning, on the other hand, (if you have not been all night a brook-hunting) the powers of the body are invigorated by rest, the whole frame is elastic and fresh; and the skin, when the dew falls on it, instead of shrinking and closing its pores, doffs it back again into the air, like the stag, in the Lady of the Lake, who

> ——Ere his distant course he took,
> The dew-drops from his flank he shook;
> And bounding forward free and far,
> Sought the wild heaths of Uam Var—

precisely what you ought to do every fine morning in June, if there is a heath, a common, a field, or a mountain within a morning's walk of you, or what is still better, a range of sea beach, or the bank of a river.—As

Summer Amusements for Invalids.

We know nothing equal to natural history, and bowling; but before setting you to this, we must show you the absolute *necessity* for amusement. Mark well then, if you wish to restore your lost health to youthful freshness, or to preserve the health you have, *never be idle.* It is a golden rule; and while it is the chief maxim of health, it is also the chief maxim in the art of thriving. It is the more requisite for us to insist on it that it is so little understood, or so little attended to by invalids. If you are consumptive or nervous, your doctor recommends you to go to the country, or to the sea-side, which may certainly do much good, if you are never idle; but will as certainly do no good if you are. Away from your friends and your customary amusements, and the chit-chat of your own circle—you must mope, and get dispirited, while your vacant thoughts soon centre on your disease, and magnify the slightest symptoms of it into something terrible. Instead of being the better of the country, or of sea air in such cases, you may be certain of becoming worse, and your imaginary ailments will infallibly aggravate your real ones.

Be advised then, *never be idle* either in mind or body; and in order to keep both active and stirring, we recommend, as by far

the best amusements, the light, elegant, and cheerful subjects of natural history; and particularly botany, and mineralogy Procure Withering's Arrangement of British Plants, or Sir James Smith's British Flora, and consult the descriptions for every flower and every moss you can pick up in your walks. Only try, and you will find the exercise most delightful. If you are on the sea shore, do the same with sea weeds, and shells. Collect,—we say collect. Form a museum, and fill it with curiosities of your own finding, and this we promise you will do more to chase away bile, low spirits, indigestion, and even consumption, than all the learned prescriptions of the faculty. When you have exhausted botany, you may try mineralogy, or entomology or the study of insects, which is to some minds very interesting, though others dislike it.

As a variety to your field amusements, we also strongly recommend the bowling-green, which requires so little exertion of strength, and keeps the mind so active, that it may be attended by any body who is strong enough to move out of doors. Those who can bear the more active exercises of riding, cricket, &c. should not of course neglect them; but they are improper for the very weak.

Freckles.

Are not exactly a disease, but they are often felt as an inconvenience, which like Lord Byron's cloud,

> ——Has no business to appear,
> When skies are blue and earth is gay.

We must therefore tax our philosophy to examine a little into the causes, that we may discover, if possible, some means of preventing their unbeautifying operation; or of remedying their "sear and yellow" consequences. It will be necessary however, in order to follow us thoroughly, for our fair readers to brush up their chemistry, as we cannot avoid talking about oxygen, and heat, and charcoal, and alkali, and the like. Mrs. Marcet's clever little work,—"Conversations on Chemistry," formerly *mothered* on Lady Davy, is the best and easiest book to get a tea-table knowledge of the science from, and this is all that will be necessary for philosophising upon freckles.

To such as may be desirous of sporting a bit of medical Greek and Latin, we may mention, that freckles, are called by the learned *Epichroses Lenticulæ*; but as we like to deal in facts and philosophy, rather than in useless word-knowing, we shall throw these learned terms aside, and let whoever chooses, pick them up. They might perhaps be useful to Ross, Rowland, or Prince, to stick into their advertisements; but we must keep to the understandables. Learning in masquerade, is always a

mountebank; ignorance with a Greek mask, is either a ninny, a natural, or a swindler.

We shall first dispose of the less common sorts of freckles, that we may have free space for the common ones. Among the former we may reckon a hereditary disposition of the skin, sometimes observable, and particularly remarkable and unaccountable, in the dark complexioned children of parents, who have red, or bright auburn hair. The freckles are often in this manner transmitted to the children, when one only of the parents has this sort of hair. This, like all hereditary affections, is much more difficult to remedy, than mere summer cases of freckle; though even in hereditary cases, the receipts below will generally have some effect in improving the skin.

Freckles sometimes occur also in great abundance during pregnancy, and disappear after lying-in. They become particularly distinct in the latter months, and evidently depend on the state of the blood and the circulation of the skin. We may say the same of the freckles of pregnancy, as of the hereditary ones, namely, that a complete cure is impossible, till after the confinement. It is believed on the Continent, that freckles in pregnancy, foretel the birth of a female infant, and Dr. Riedlin, a respectable and scientific author, gives his testimony to the truth of the opinion. We are sorry that we have not yet observed a sufficient number of cases to say whether this holds good or not.

Cause of Freckles.

You have observed, a hundred times, the effect which a strong heat produces, on a bit of white paper, changing it to every shade of yellow and brown, in proportion to the violence of the heat to which it is exposed. Think for a moment, and you will perceive, that it is precisely the same thing which often during summer, dapples the leaves of trees and shrubs, with rusty spots, the heat of the sun acting on them, as the heat of the fire did on the paper.

Chemistry explains these effects by saying, that most combustible things of the vegetable and animal kingdom have charcoal, or as chemists call it, *carbon*, for their basis; and their other elements, such as oxygen and other gases, being rarefied and driven off by heat, the charcoal alone is left behind, in a greater or less degree of purity, in proportion to the degree of heat which has been employed. If all the oxygen and other gases have been driven off, what is left behind will be pure charcoal and black. If the oxygen and other gases, have been only partially exhaled by the heat, the residue will not be pure charcoal, but will be brown, yellow, or orange, of various shades. There is another part of the process which we must explain chemically.

The oxygen, when disengaged from the general substance of the paper, or of the leaf by heat, does not all nor always escape into the air; for if it have a stronger friendship, or affinity as the chemists say, for any one of the remaining elements of the paper, or of the leaf, it will instantly combine with it, and form a new compound. For example; if there be any iron in the paper or in the leaf, the disengaged oxygen will eagerly join itself to it, and form the brown substance called rust of iron, and no ordinary degree of heat will afterwards be able to disjoin the oxygen and the iron. Now iron being almost always present in all vegetables, this gives you at once a clear explanation of the manner in which brown, rusty spots are formed on leaves and fruit, during the heats of summer.

If you apply this to the case of freckles on the skin, you will find that it agrees in every particular. The skin has charcoal for its basis, in the same way as paper and vegetable leaves; and if it be exposed to heat, it will be more or less partially charred, and coloured spots will consequently appear on the skin. Besides, it is now well known that there is a considerable quantity of iron in the blood, and other constituents of the body; the junction of this with oxygen will form rust of various shades, according to its purity and its mixture with the disengaged charcoal. This explains, in a satisfactory manner, the reason why those who have red hair are more liable to freckles than others; for it is ascertained, that the red colour of the hair arises from a red coloured oil, containing a large proportion of iron. As the skin and the hair therefore are so analogous in constitution, the iron will of course superabound in both, and be always ready on the least exposure to heat of joining the disengaged oxygen, and forming the rusty spots on the skin which we call freckles. Having thus explained the philosophy of freckles as simply as we could, and the first time we believe it has been so done, we must now try, on the principles laid down, the efficacy of certain things which have been proposed, as

Remedies for Freckles.

In the case of oxygen combining with the iron of the blood or skin, and forming rusty spots, the most effectual remedy will be that which shall dissolve this combination either by laying hold of the oxygen, or by seizing the iron; and of these we have great variety. But previous to the application of any of these, it will be requisite to soften the skin itself, in order to allow these remedies to penetrate more effectually, for the freckles are not situated on the outer layer or scarf-skin, but on the second or middle membrane. The softer, therefore, you can render the outer skin, the more effectual will the direct remedies for

freckles prove. For this purpose you will do well to attend to what we have recommended, page 188, for the lips, and particularly Lady Elizabeth Conyngham's lip-honey, which should be applied to the freckled parts of the skin, for two or three days before you apply the chemical remedies. Or you may use for the same purpose, for two or three nights, the

Roman Balsam for the Skin.

Take one ounce of bitter almonds,
one ounce of barley flour,
a sufficient quantity of honey.

Beat the whole into a smooth paste, spread it thinly on the skin at night, and wash it off in the morniug.

The skin being thus prepared for the chemical remedies, you may select any of the following, or try them in succession, if the freckles, as they often do, remain obstinate and refuse to yield to the most powerful means which can be devised for their removal. If you wish to decompose the freckles, by applying something that will lay hold of the iron, then we advise you to try the

Freckle Wash.

Take one drachm of muriatic acid,
half a pint of rain water,
half a tea spoonful of spirit of Lavender.

Mix, and apply it two or three times a day to the freckles, with a bit of linen, or a camel hair pencil.

In this case the acid seizes upon the iron, and the oxygen is set free. On the other hand, if you wish to attack the oxygen by preference, you may try the

Purifying Water for the Skin.

Take one tea spoonful of liquor of potass,
two ounces and a half of pure water,
a few drops of eau de Cologne.

Mix, and apply as before.

Again you may sometimes be able to remove freckles, without decomposing them by merely stimulating the absorbent vessels of the skin to take them up and carry them away as refuse and rubbish. (see page 358.) Any smart stimulant will act in this way, but it has been found that the safest are those taken from the vegetable kingdom. Among these, one of the best and easiest made is

Dr. Withering's *Cosmetic Lotion.*

Take a tea cupful of soured milk, cold,
scrape into it a quantity of horse radish.

Let this stand from six to twelve hours, and strain, when it may be used to wash the parts affected, twice or thrice a day.

We could easily give you twenty other prescriptions for freckles, but if you find these fail, you may begin to despair of a complete cure, unless the disease depend, as it often does, on the state of the blood or the secretion of the bile. In this case you must attend to the directions which we shall lay down in our forthcoming article on Sunburn and the means of preventing and curing it.

Desk Diseases, as contracted in Counting-houses, Libraries, and Public Offices. No. 6.

We may well talk of "frail humanity," when there is no situation in life which is not in some measure productive of disease or disorder. It is a fine thing, some who know no better may think, to sit the live long day in a library, reading pleasant books, or enditing pleasant verses, as the humour may run; and others may think it no less fine to be dealing with thousands and tens of thousands in the ledger of a great mercantile concern; but Solomon tells us, and he knew well, that "of making (he might have said reading) many books there is no end, and much study is a weariness of the flesh." Wisdom this, and deep wisdom, we assure you on the personal experience of fifty years of hard study, notwithstanding our chosen precepts for the preservation and restoration of health, which, of course, we regularly practice, otherwise we should not have now been in the land of the living, to teach and record them. The most common, and the most complicated, however, of all the diseases produced by confinement at the desk or in the study, is certainly indigestion. We have, already, given you from extensive observation and experience, a faithful picture of the earlier symptoms of this most troublesome and baffling complaint, with the method of treatment before it has advanced to any very dangerous length. We shall now treat more particularly of

Nervous Indigestion.

We have already remarked in a general way that one of the common symptoms of indigestion, is flushing of the face; but we now state more particularly that the species of indigestion usually, though not perhaps very properly called nervous—is characterized in most instances by a fresh florid flushing of the face very similar to that of health. To those, indeed, who are not experienced in distinguishing diseases, the countenance of a nervous invalid of this species, appears in the best health, though there be a greater degree of emaciation than they can well account for when joined with the fresh glow of the face. This deceptive appearance of health, often occasions great unea-

sincss to the unhappy sufferers, who being often in the hey-day of youth or manhood, are apt to be strongly suspected of dissimulation and feigning when they complain of headaches, sinking, faintness, flatulence, and the other distressing accompaniments of nervous indigestion. To save such from undeserved and galling suspicions of this kind, we shall here give a few marks.

To distinguish Nervous Flushings from the hue of Health.

You will seldom be deceived, if you take the following circumstances into account. The leading distinction between the hue of health, the flush of nervous indigestion, is, that the natural red is for the most part confined to the cheeks, and shades off into a clear pale colour about the temples, the eyes, the neck, &c., while the nervous flush is spread over the whole face, and often part of the neck; and the temples which are pale in health are suffused with red. To those who have only a smattering knowledge of disease, this nervous flush is considered to be hectic, and thus they often raise an unfounded alarm from their own ignorance; for hectic is a fatal symptom, while the nervous flush now described, indicates little or no danger. You may almost always discover the difference by the pulse, the hectic pulse being uniformly 100 or more; the nervous pulse seldom if ever above 85 or 90 beats per minute, and often not more than 70 or 65. The average healthy pulse is 75, but varies much according to age, sex, size, and constitution, as we shall show in our article on the pulse.

Another mark of importance is the feelings of the patient with regard to heat and cold. In the case of health, the poets may talk of "the warm glow of Hebe's cheek," but this cannot be felt by Hebe. It is in the unhappy nervous patient, whose stomach is deranged, and who is annoyed with flatulence, fretfulness, and fears of imaginary evil, that uncomfortable heat attends the flushings of the face. The deceptive colour of the cheek indeed is always attended by this most disagreeable feeling of heat, and in the coldest weather, such patients will ask you whether you do not feel it sultry and close. It is remarkable, that this unnatural heat is not perceptible externally; for though you put your hand to the cheek or the brow, described by the patient to be burning hot, you can feel no unusual glow, nor elevation of temperature. This proves most satisfactorily, that the feeling of heat is in the enfeebled nerves of the face; that is, the nerves from their weakness, magnify small degrees of heat into great degrees, in the same way as the mind when weak magnifies small fears into appalling terror—another strong symptom, as we shall presently see, of this very complaint.

In health, the eyes are always clear and bright, and have a steadiness of look and purpose, which is never observed in cases of nervous indigestion. There is, however, a brightness of the eyes, a dark deep brilliance seemingly kindled up by high health and lively hilarity; but to the more knowing observer, pointing out the irritation of the weakened nerves, which imparts a false vivacity to the eyes, in the same way as it gives a false tint to the cheek.

Along with such symptoms, you will almost uniformly find a chillness or coldness of the feet. Sometimes they will be cold and dry, as if they were exposed to frost; at other times, they will feel as if they were plunged in cold water; and again, they will be drenched in cold perspiration. All this is clearly explicable from the feeble and relaxed state of the nerves, which renders them so feverishly sensible to the slightest changes of heat or cold, and as we have just said, causes them to magnify those changes ten-fold.—Another distressing train of symptoms is,

Low Spirits, Irritation, and Fear.

These arise in cases of nervous indigestion, in the very same way as we have seen flushings, and the feeling of heat or cold produced. The nerves, in fact, when weakened and diseased, may very properly be compared to the state they are in, when laid bare by a wound or a blister. If you blister and remove a portion of the skin, you will find that the nerves which terminate on the raw surface, will magnify every little change or excess in heat or cold to an inconceivable degree, so that you cannot bear a breath of air, or any approach to the fire, so long as the wound is undressed. Have you not also marked that in such cases you become cross and fretful? this is because the nerves communicate with the brain, and thence affect the mind. How much more then must the mind be influenced by the general weakness of the nerves throughout the body, when a small wound or a blister, so evidently affects the temper and feelings.

You now understand the matter clearly. The nerves are feeble, weak, and irritable, in consequence of indigestion; they are accordingly very liable to be affected by slight causes, and from their close connection with the mind, through the intervention of the brain, are apt to produce low spirits, agitation, irritation and fear, though to a by-stander, there seems nothing adequate to produce these.

In nervous indigestion, therefore, the patient will start violently, and be alarmed at the shutting of doors unexpectedly, even the accidental fall of a piece of money is felt to be disagreeable; he can scarcely eat his dinner in comfort, for the

grating sound of carving and removing. The chance breaking of a glass, or the carvers' knife grazing on a bone, is felt like a shock of electricity, and often deprives him of all comfort for the rest of his meal. He is even apt to deem it an insult, or a personal injury directly intended against him by those who are concerned in such accidents. The feelings of this kind are sometimes so strong as to approach to temporary madness, so that

> The war-steed at the trumpet's sound,
> The lion rous'd by heedless hound,
> The tyrant, wak'd to sudden strife,
> By graze of ill-directed knife,
> Wakes not to more convulsive life*,

Than the hapless victim of nervous indigestion, whose face will flush, his eyes sparkle, and his whole frame will be thrown into agitation, by the jarring of a door-bolt, or the sudden barking of a dog. We wish we could only say, for the sake of such patients, that we have exaggerated or over-coloured, but unhappily for them, they can answer that our sketch is true to the letter, though there must be various shades of aggravation and mildness. So much for the symptoms and marks of this very common distressing disorder—now for the

Treatment of Nervous Indigestion.

The nervous are usually advised in popular medical works, to strengthen themselves by wine, bark, steel, cordials, and above all, cold bathing. We shall at once demonstrate to you, that when any of these are used, it must be with much caution, as they have a greater chance in many cases to do harm than good. The shower bath for example, which is so great a favourite with some, is one of the most certain means of increasing nervous indigestion. We have known it, however, persisted in for months, till the health was completely ruined and the strength gone. The shower bath is without doubt a very powerful instrument; but it is, we conceive, by much too powerful and violent for the weak and nervous, as we shall shew more at length anon. A very useful mode of cold bathing in the present case, is the one we have recommended at page 127, being a minor shower bath, keeping it in moderation as the patient can bear it. No nervous patient whom we ever saw, could bear without injury, the common cold shower bath over his whole body. Tepid and warm bathing are also excellent for nervous indigestion, when not repeated oftener than once every two days, or about twice or thrice a week. When the warm bath cannot be conveniently procured, as often happens, bathing the feet and legs in warm water, every night at bed time, is an excellent substitute, which can always

* Bride of Abydos.

be had. Both this and our minor shower bath may be advantageously used at the same time, the one in the morning, and the other in the evening, and together, will have more effect than any sort of drugs.

The diet in this case must be more light and palatable than in training; the patient indeed may judge pretty well of his improvement by his relish for under-done beef-steaks and ale. So long as he cannot stomach this strong fare, he cannot be said to have wholly recovered, though upon his colour becoming paler, his eyes less sparkling, his temper more equable, his spirits less sunk, and his agitation from the crash of a glass, or the barking of a dog less acute—he may consider himself improving. The less liquid he takes the better. He ought to confine himself to mild ale, and coffee, or good black tea.

As to clothing, while he continues to be so feverishly sensible to cold and heat, he ought to dress by the thermometer, taking care to be protected from sudden cold, particularly at night, and at the same time not to oppress himself in hot weather by too warm clothing, so as to induce copious perspiration, and waste the substance of the body, already too much reduced. Flannel we consider very bad when worn next to the skin. The irritation indeed of flannel thus worn has often aggravated, if not produced, the very disease it has been put on to prevent or to cure. The error which prevails on this subject, is productive also of many incurable cases of skin diseases. We recommend cotton shirts in preference, if linen is thought to be too cold. Flannel, but particularly silk, is invaluable as a safeguard of health, when worn as we have directed, page 128. We say the same of exercise, as of warm clothing: avoid too much perspiration, though perspiration from exercise is not so bad as from dress.

Of the power of drugs in this disease, we have but an indifferent opinion, though it is absolutely necessary to keep the bowels regularly open, and to destroy acid and flatulence, for unless you do both, it is impossible to strengthen you even by the most rigid training diet. We have repeatedly given prescriptions for this purpose; but we know of nothing better for keeping the bowels open without violent purging, than the strengthening pills, page 386, or

SIR HENRY HALFORD'S *Aperient Pills:*

Take twenty grains of blue pill,
thirty grains of cathartic extract.

Mix and divide into one dozen pills, one or two for a dose, every second or third night at bed time, as occasion requires.

For destroying the acid, one of the most powerful things is

the prescription at the top of page 113. If you cannot procure this conveniently, you should always keep a little box of the lozenges, page 367, in your pocket, to use as occasion may require. Or you may try the effects of the

Stomachic Pills for the Nervous.

Take twelve grains of sulphate of quinine,
twenty-four grains of ammoniated iron,
twenty-four grains of extract of gentian.
Make into twelve pills, one or two for a dose, twice or thrice a day.

We have already mentioned the powerful effect of a dozen or twenty leeches applied over the stomach, or of a blister repeated at least once to the same place.

Philosophy of Bathing.

"The players," said Garrick, "when they hit on a good thing, never know when they have enough of it." There is much meaning, we assure you, in the observation, and it will apply not only to actors, but to eaters, drinkers, drug-swallowers, and (that we may come to our subject) to bathers. Nobody doubts that drugs are shamefully abused, to the great destruction of health, or that those who are ignorant of the art of good living, abuse the best dishes by eating more than their stomachs have room for, to the yearly increase of gout, apoplexy, and indigestion; but it has seldom been observed, and will not be so readily credited, that bathing is grossly abused, and particularly cold bathing, both in salt and fresh water. As the season, therefore, is now at hand when our cities pour forth their annual swarm of idlers to spend their money, and to murder their time and their health at the watering-places, where bathing is considered the grand and only restorative of weak nerves and ruined health—we think it our duty to investigate the subject, and place the fact plainly before our readers. We have found it incumbent on us to preface the subject with referring to the abuses which are often practised; but we wish it not, therefore, to be understood, that we do not approve of it. Far from it. The remedy is very efficient in many complaints and states of the constitution, as we have formerly shown in several instances, and shall now undertake to explain more extensively.

You will best understand the effects of bathing by considering them separately; for they are confessedly complicate and difficult, and hence the variety of opinions as to bathing being injurious or beneficial. We shall, therefore, consider those effects

under various heads, so as to unravel, as far as possible, the intricacies of the subject, and to prevent you from falling into practical errors which may produce injury to your health. We shall accordingly examine the effects of bathing on the lungs, the blood, the nerves, the electricity of the body, &c.; but before coming to these, we must say a few words on the

Purification of the Skin.

We have shown you (pages 315 and 357.) that a large proportion of the refuse and worn materials of the body are carried off by exhalation from the lungs and the skin; and we need scarcely tell you, that if this refuse is in any way prevented from being carried off, or is in any way carried back into the system, that it will produce derangement and disease—by obstructing, perhaps, the free flow of the blood, in the same way as mud and rubbish will obstruct the free flow of a stream of water. Now with respect to the skin, the waste of the body passes in the form of vapour or moisture through innumerable small pores in it, and of course when these are in any way shut up or obstructed, there is one of the grand outlets of the waste of the body cut off; and if it cannot find another passage by the bowels or the lungs, it will remain and corrupt the mass of the blood, as the sediment called bee's-wing corrupts port wine. Even if it do, in the end, obtain an outlet by the lungs, the kidneys, or the bowels, it must first pass back again by the absorbents and the blood, and a disease may be produced before it can escape.

As these are indisputable facts, you will perceive, at a glance, that one of the most important effects of bathing is the cleansing the skin, and freeing its pores from obstruction. The waste and refuse of the bones, the muscles, and the blood, which pass through the skin in the form of perspiration, are often arrested on the surface of the skin by dust and other impurities. The dust and the perspired moisture, consequently, unite and form an incrustation on the skin thinner than India paper, and often you must carefully remark *invisible*. The pores of your skin may, therefore, be quite shut by a thin invisible crust of this sort, while you are altogether unaware of its existence, though it be the chief and perhaps the only cause of your nervous weakness of body or rather indisposition.

This is not all. When any thing goes wrong in any part of the body, nature, as some say, or providence as we prefer to say, immediately sets up a self-correcting or counteractive process to restore things to their proper course; for example, in the case of sneezing to expel snuff from the nostril, or of vomiting to expel poison from the stomach. As soon, therefore, as a crust

is formed by dust, and perspiration on the skin, unless you remove it by washing, the absorbents (see page 358.) instantly set about removing it, and carrying it back again into the mass of the blood, which will always produce more or less derangement or bad health.

From this detail, you will see the very great importance of bathing the whole body constantly and regularly, in order to keep the skin clean and the pores open. This, however, must be taken with limitations; for you must by no means conclude, that in order to clear the pores of the skin, you may indiscriminately use the warm or the cold bath, or any bath at all. The general principle is merely to cleanse the skin, and you may frequently do this more effectually and more beneficially by sponging and the flesh brush, than by general bathing, either cold or warm. As bathing, however, always does cleanse the skin and clear the pores, it becomes of moment to take this into account in our philosophy.—The next important effect of bathing which we shall consider, is that of

Restoring the Balance of Electricity and Heat.

In winter we cautioned you (page 128.) against exposing yourself to an inconvenient loss of the electricity of the body by exposure to cold damp air—moisture being a conductor of electricity and also of heat. For reasons precisely the reverse, we shall now show you how to get rid of an inconvenient superabundance of electricity.

The principle is general. You cannot be in high health and vigour unless you have enough, and not more than enough, of electricity in your system. Some philosophers think that heat and electricity are the same, or nearly the same, and it may be so though we cannot affirm it; but this we know, that they agree in the circumstance, that they must be in just balance in the body in order to insure health. In winter, the danger to health, is the loss of more electricity and heat than the body can bear without injury; and we consequently recommended the wearing of silk, as the best safeguard against this loss, from its being a non-conductor.

In summer, as the opposite scale of the balance is apt to be overloaded, we must devise means for unloading it and keeping the system in equilibrium. The silk and woollen dresses of winter should, therefore, give place to those of cotton and linen, which are better conductors of electricity and heat, and will not be so apt to allow it to accumulate in the body and produce inflammations and other diseases. The change of dress, however, must be made with great caution, and with attention to the warmth of the season; for cold damp weather in summer, is

equally bad as in winter, and must be met by the same precautions for preserving your proportion of electricity.

In hot weather, when your electricity and heat increase beyond the due balance of health, the most powerful remedy hitherto discovered is bathing, which may be cold, tepid, or warm, according to your constitution, and the circumstances to be afterwards explained. The bath, in consequence of the water being a good conductor of electricity, will discharge it from your body in the same way as a metal rod applied to a full charged Leyden jar, and you will instantly, on coming out of the bath, feel light and elastic, as if you were relieved from an oppressive load. The electricity and heat indeed act exactly like a load, by expanding and oppressing the nerves and blood-vessels; and consequently, the moment this load is removed, the nerves and blood-vessels regain their natural and healthy diameter, and perform their offices briskly and unincumbered, and your spirits, which were previously sunk and lifeless, are excited into a glow of cheerful buoyancy, which appears almost the work of magic.

This is a point of view in which bathing has seldom been considered by physicians, though it appears to us to be of the utmost moment, in regulating the laws for bathing or not bathing. The injurious effects, for example, which superabundant electricity has in producing bilious and liver diseases, renders summer bathing one of the most powerful preventives of these very common and fatal disorders. On the other hand, we should peremptorily forbid bathing to those whose portion of electricity and heat is rather under than above the balance of health—and this would comprehend a great number of the weak and nervous, thousands of whom are yearly injured, rendered hopelessly incurable, or literally destroyed by the ignorant doctors who recommend cold-bathing without weighing its consequences.

*** In our succeeding papers on the subject of Bathing, which from its extent must occupy several Numbers, we shall consider it particularly, both in a philosophical and practical point of view, and point out minutely when it should be followed, and when prohibited.

How to Harden and Strengthen the Bones.

"It is all prejudice and vulgar error," is the constant exclamation of surgeons, when they are pozed with facts which they cannot, on account of ignorance, explain. A medical petit-maître of this stamp, as effeminate as my lady's lap-dog, and as spare-ribbed as Don Quixote's Rosinante, will deny most sim-

peringly the facts of history, relative to the prowess and feats of ancient warriors, and solely, because he and his associate ninnies cannot conceive the thing possible. He would be equally pozed, we dare say, were he asked how it was possible for Hercules, Achilles, Robin Hood, or Sir William Wallace, to live at all without calomel and apothecaries' draughts. Yet, notwithstanding the difficulty of explaining it on the principles of modern medicine, we are as well assured that the ancient warriors far exceeded in strength the men of the present day, as that there were such men as Julius Cæsar, and Charles the Twelfth; even though we allow to Baron Cuvier all the benefit of his great discovery, that the bones so long alleged to be those of the old giants, are really the bones of Noah's elephants.

Well then, this being established, we lay it down as an incontrovertible law of the human body, that if it is not properly exercised, the bones will become soft and rickety; but if due exercise be taken, they will become hard, firm, and strong. Mr. Shaw, of Great Windmill-street, informs us, that on examining after death, the bones of persons who had been long confined to bed, he found them usually soft, while if due exercise had been taken a short time before death, they were firm and hard. This opinion is strikingly confirmed by the account given by a German author*, of the bones of the soldiers still exposed on the field of battle at Murten, where Charles the Bold, with his Burgundians, fell a sacrifice to the patriotic valour of the Swiss.

"The three hundred years," says he, "during which these bones have been in a great measure exposed to the open air, has had little effect on their prodigious firmness of structure. Such bones, and parts of bones of the men of the present day, as now moulder down on a few years exposure, were strikingly more firm in these. From rubbing together in my box, they acquired in several places the polish of the enamel of the teeth. Out of the charnel-house at Murten, I selected skulls that strongly attested the force of the stroke, by which, as appeared from the marks, the helmet was cleft, and which being pierced through the sockets of the eyes by the point of a spear, probably belonged to knights, since the spear would be directed against this, as the most vulnerable part. I still possess these specimens, and I consider them as an incontrovertible answer to the question, how these knights could wear armour which would be insupportable to the present race of men; for no bones could now be produced so hard and athletic as they are."

From these remarkable and interesting facts, we deduce one of the grand secrets of health, we mean exercise. If you attend

* Ebell uber die Bleglafur. Hanover, 1723.

to this, you may be certain of rendering your bones hard and firm; if you neglect it, you must have them soft and feeble, and you will confess that you deserve it. In one word, keep by our rules for training, and all will go well.

Economy in the Care of Clothes. By Mr. Hatchard's Footman.

In all our economical estimates, the item for clothes appears considerable. It becomes therefore of great interest to economists to try every means to reduce it. As we can seldom discover any economy in what are very erroneously called cheap bargains, we advise you always to buy good things, though the price should be much higher, and to put forth your economical principles in taking care of them afterwards. Some will, by these means, make their coats and hats last twice as long, and look twice as well as others who take no care to have their things neat, clean, and well preserved.

By attending to the following directions, you will find that your clothes will be preserved wearable for at least one third longer than when they are used without care. These directions should be put into the hands of all servants.

Dusting.

To dust clothes properly, you should provide a wooden horse or frame to put them on; then get a small cane, or stick free from knots, to beat the dust out of them. You must be careful in the choice of your cane; do not have it too large, and be particular that you do not hit too hard, to knock holes in the coat, which you may readily do if it be too large, or if you strike against the buttons. You must be careful not to hit the buttons, for if they are metal it will scratch, and if moulds, it will break them. For this reason, a small hand whip is perhaps better than a cane. If the coat be wet and spotted with dirt, let it be got quite dry before you attempt to brush it; then rub out the spots of dirt between your hands; but in so doing take care not to rumple it.

Brushing.

You must have two brushes, one a hard bristle one, the other soft. The hardest you must use for great coats, and only for the others when they are spotted with dirt. Fine cloth coats should never be brushed with too hard a brush, as this will take off the nap and make them look bare in a very little time; neither can you brush fine cloth as clean with a hard brush as you can do with a soft one; for the hard one will leave the small

lint and dust on, when the soft one will take it off, and not injure the nap of the cloth. Such a soft brush as is used to shine boots and shoes with is the best; as in this sort the bristles are thicker, and of a proper hardness to brush cloth coats with, particularly superfine blue or black ones. The brush will be better if it has been used and worn down a little.

After the clothes are properly beat and dusted, put them at the whole length upon a long table or board. Have the collar of your coat towards the left hand and the brush in the right. Brush the back of the collar first, between the two shoulders next, and then the sleeves. Let the furthest lapel and arm be brushed first, and then the skirt, observing to brush the cloth the same way that the nap goes, which is towards the skirts. When one side is done then do the other; when both are properly done fold them together, then brush the inside, and last of all the collar. There is no occasion to bear hard on the brush, as by using it quickly and softly, the lint and dust will come off with great ease.

Taking out Grease, Paint, Stains, &c.

Coats often get greased, and will show the marks if not soon got out. Take off the grease with the nail, or a blunt knife, or, if you cannot do it so, have a hot iron with some thick brown paper. Lay the paper on the part where the grease is, then put the iron, or the end of it, just upon the spot. If the grease comes through the paper, put on another piece, till you find it does not soil the paper; but if you think that it is not all out, wrap a little bit of cloth or flannel round your finger, dip it into some spirits of wine, and rub the grease spot. This will take it entirely out if you do it while it is hot. Be very particular not to have the iron scorching hot, so as to change the colour of the cloth, which it will do if you are not careful. You may easily know if the iron be too hot, by putting it on a piece of paper; if it turn it brown, or scorch it in the least, it is too hot.

Never apply fuller's earth to any dark coloured cloth, it will take the colour out; but for drab cloth, fuller's earth is the best, as the hot iron is apt to turn the light coloured cloth yellow. Let the fuller's earth be well dried before you use it, as otherwise it will not easily dissolve. When you want it, pour boiling water on it, and let it be put on the cloth while hot, rubbed into the place where the grease is, and then put before the fire to dry. If there should be candle grease or wax on the coats, always apply the hot iron with the paper, before you put the fuller's earth on. If at any time the colour of the cloth should be changed, the air will take it out if it is not scorched, by exposing it a little.—Paint, pitch, rosin, &c. may easily be removed by the directions given page 199.

Folding.

As some wardrobes will not admit coats to lie at full length, and as they must often be packed up in small compass for travelling, it is necessary to have them folded so that they may not be creased and rumpled, which will make the finest coat look shabby. To avoid this, let the coat be placed as before directed; let the collar be straight, then brush the back part of it first, then between the shoulders and under parts of the arms and cuffs, then the top; when done, let it be turned up toward the collar, so that the crease be just at the elbow. Let the lapel be brushed next, and turned smoothly back on the arm and sleeve; then brush the skirt and turn it over the lapel, so that the end of the skirt will reach to the collar, and the crease or folding will just be where the skirts part, at the bottom of the waist. When you have done this side, do the other the same way; when both are done, turn the collar towards the right hand, and brush the inside which will then be the outside. When done, fold one skirt over the other, observing to let the fold be in the middle of the collar. Let the collar be brushed the last, and always be kept straight when brushing, and particularly so when you fold the coat. In this way coats may be packed into a narrow compass for travelling, without rumpling or creasing. The less waistcoats and small clothes are folded the better; but always as smoothly as possible. Small clothes and trowsers must be folded by laying the legs smoothly on each other, and folding them from the bottom; and not as is sometimes blunderingly done, from the waistband.

Wardrobe.

There should be separate drawers in the wardrobe for each of your things, or presses for gaiters, waistcoats, pantaloons, &c., with pegs to hang the boots and shoes on. There should also be a brown holland cloth to cover the coats and keep them from dust. As clothes, when laid up for the season, are apt to acquire an unpleasant odour, which generally requires considerable exposure to the atmospheric air before it dissipates, it will be advantageous to prevent it by a very simple process, which consists in placing recently made charcoal between the folds of the garments. Even where the odour has taken place, the charcoal will absorb all unpleasant effluvia.

To drive away moths or prevent their approach, wrap up yellow or turpentine soap in paper, or place an open bottle containing spirits of turpentine in the wardrobe. If you dislike the smell, you may put two or three pieces of camphor in different parts of the wardrobe, or sprinkle bay leaves, or worm-wood, or lavender, or walnut-leaves, or rue, or black pepper grains.

News from the Glasgow Punch Club.

The reading public, as Coleridge calls it, and we may add the drinking public, have been amply gratified, tittilated, pleased, jollificd, exhilcrated, be-jocularized, *et cætera et cæterorum*, by our article on Glasgow Punch. Letters came to us in sheaves. The rap rap twopenny knock of the postman never stopped * at the door of our publisher, bringing us communications, evaporations, supplications, and all other *ations*, which could tend to excite us to give further information on the subject. Take the world easy, dear Correspondents ! it is a sad world God knows, but we shall answer you all in due time. "Hooly and fairly" is a good douce Scots saying, and it goes far on a day's march. We must first, however, give place to a letter from head-quarters, announcing to us the agreeable intelligence, that the great cause of rum-punch has progressed, is progressing, and will not cease to progress in the occidental metropolis of Scotland—the queen of the western land—the domicile of St. Mungo—Glasgow the great. Drinking flourishes there most strenuously, to the great discomfiture of gout, gravel, stone, and other diseases, which, according to Addison, ambuseade on all tables and in all cups. Addison, you may know from this, never was at Glasgow, or he would have drowned his Spec. on Temperance in a punch bowl. Drinking flourishes ;—and it has therefore been wisely and justly proposed by David Prentice, not to alter, but to interpret the city motto, "Let Glasgow flourish ;" by "let drinking flourish ;" and the celebrated Dr. Dunlop is understood to have contracted, after he has killed all the tigers in Hindostan—pulled down or blown up the cataracts of Niagara—and transported Ætna and Vesuvius to the North Pole—that he will decapitate St. Mungo's "Tree" with its "bell," and tumble the "fish" into a reservoir of prime punch, to swig and swattle at will. The lord Provost is also said to be negotiating for the three fishes of Peebles. We understand further, that the manufacture of the *pocula cælestia*, which is being interpreted the punch of Paradise, is now carried to such a length as to create a dearth in the golden fruit—"Veneri et Adonidi sacer," which to the unlearned meaneth, *deliciously delectable*.—But we sound a truce—here is

The Punch Epistle.

To the Editors of the Oracle of Health, and Good Living.

Gentlemen, *Salt-market, Glasgow, April* 27th, 1824.

Your work, little, but pithy and excellent—has found its way

* Mr. Wallace reads *never devalled.*

into our coffee-room, and from it into every family, and has tended greatly to promote our health, happiness, and hilarity. The managing Committee of the Punch Club has sat "in conclave full, and deep divan," on Gen. Graham's receipt for making our celebrated punch, which has been received by all with the genuine smack of approbation. Opinions differed to be sure; but as Meg Dods says, "what for no?" When men are divided on such trifles as poetry and politics, is it not likely that they will come to hold differing tenets on the far more sublime and *spirit-stirring* subject of punch? You know, however, that in this philosophical land, we do not sport theories without experiment to bottom them on, being too deeply read in Lord Bacon, and his scarcely less illustrious commentator, Macveius Napierus, Esquirus et Sumphus.

Off to the Bull! A prime shop it is, and we set to at once, and trolled it by the horns. We forgot not Gartland's famous grace. "O Lord, I thank thee for thy goodness, in letting me be born at the west side of the Kirk of Shotts, where cold punch, the nectar of God-like souls, is found in perfection and profusion." Graham rejoiced in the approach of the evening's fun,

> ———and upturned
> His nostril wide into the Trongate air,
> Sagacious of his quarry from afar *.

Heraldric Hunter gained such elasticity in his march, that he lost his usual waddle and moved with all the grace and airiness of a buck flea; while little Gibby Kennedy sprung forward as if he were about to clear a five barred gate.

"Hegh Sirs," said old Holmy, smacking his lips with delight—"Hegh, sirs, but the chiel's fey! He's walkin on the tap o' his muckle tae, like one o' his ain rampauging lions on a coat o'arms."

Holmy was indeed the mentor of the party. He pinned lame David Marshall by the arm, crying out

"Lord, Dauvid man, my auld lamender, canna' ye keep your bodkin teeth inside o' your mouth, and no haver at the end o' the second bowl like a perfait blether-skyte. Mind, Willie Hamilton, ye b——h, and no speak ae word till ye hae seen the tail end of the sixth."

John M'Ilroy gained the lightness of a roe, when he passed the Candleriggs, and Kingan's honest blubbering face kindled for the first time into some resemblance of intellectuality. The

* Milton, as edited by James Duncan, Bookseller, late of the Saltmarket, and short-hand secretary to the Wee-spell Club.

two Johns, Henshaw and Douglas, spite of apoplexy and a sort of hirpling about the hinderlets, moved gracefully and gaily to the tune of "Merrily danced the quaker's wife." In the rear ranks were—Robert, but much more commonly called—Bob Scott, who, like our native thistle, looked pious and prickly.

When you looked in his face,
You might easily guess it,
His motto was "Nemo
M' impune lacessit *."

Jamie M'Queen was trumpeter in chief; Robroyston acted the character of Holmy's fool; Tam Faukener was to make his own of John Wardrop; and Willie Reid was the laureat of the night.

Epulæ ante ora paratæ, or as Dr. Crystal interpreted it, the bowls and bickers being tabled†, Colonel Sam was chosen by acclamation punch-maker for the nonce, and Gibby Kennedy, in consideration of his experience and sufferings in the holy cause, was appointed to the Right Hon. office of Bottle-holder. In limine, however, that is, said Dymock, "at the door-stane"‡, we came to a difficulty. Walter Graham's article in the Oracle had made the fructus puncho-formativus so recherché, that we could hardly get a lemon or a lime for love or money. Private stock was therefore drawn upon, and Aikenhead, who has always a large body in reserve, of the ingredients of Gartland's juice, readily supplied the deficiency.

Light lie the stones
On the bones of Tam Stewart,—

Wisely did he say, and sweetly he did sing

'Tis merry in the hall,
When beards wag all,
And the feast of King Cowl,
Brings a full flow of soul:—

Until he was deified at the cowl club: and never wagged merrier beards—never flowed a stronger current of soul, than among us on that memorable evening.

The Colonel of the Highland Volunteers—by the bye, no bad likeness of

——————Your late worthy Mayor,
Who left this here world for to go to that there,

Sung out the signal that all was ready. The hearts of Nelson's Captains at Trafalgar did not beat higher when his famous flag floated from the mast head, than did ours at the hearing of this

* The meaning of the Latin, is "scratch for scratch." N. J.
† Vide his Edition of the Polemo-Middinia, or Battle of the Dung-hills.
‡ Dymock is very erudite in Stane-ology.

glorious word. "Hip! hip! hurra! hurra! hurra! Here's to the King: a bumper toast gentleman—a high bumper. Toss it off to the bottom. The king, God bless his honest sonsie face."

The next toast, (for whenever there is a bowl, the toast must go round) was to the glorious, pious, and immortal memory of that king of Quaffers, Col. Corbet, who never failed to prove the purity of his political principles by proving the purity of his powerful punch.

The Colonel, next, as became a military man, gave the Duke of York; and his aid-de-camp immediately after said, that the Duke whom they had now tossed, was an orange-man; but he was going to toss off a lemon man—"Bob Wallace, and may his farm never cease to supply us with the delights of Punch-bibbery."

A round of friends was then given, and Holmy gave his: "The Duke of Hamilton, no the new, but the auld anc," the sound of which much worshipped name made David Marshall shake his spindle shanks with joy. All this could not be done without a drain on the punch bowl; and in fact a three gallon utensil was by this time pretty well demolished.

"Can we no fang anither?" was naturally asked; and the little tax-gatherer with the speed of light, proceeded to fill the yawning void. The initiatory toast of the new mixture was given by Jamie M'Queen, "The West India Planters;" speedily followed by Aikenhead's old standing sentiment, "Continuation of their present comforts to the Negroes." "Let ilka hen scratch for hersel," quoth Gibby Kennedy, "Here's to a renewal of the income tax." "With all the honours," said Graham. M'Ilroy started at the signal; but Kingan and Robroyston loudly objecting, the affair dropt for the present.

As the evening advanced, so also advanced the cause of fun. The precious liquid soon drew forth the stores of every man's fancy or imagination. "The Oracle Committee of Good Living" was not forgotten; for we drank it with nine times nine, and flung our glasses against the ceiling—a ceremony which added sadly to our bill. "The Glory of Punch" followed, which called forth a song from the fertile muse of Willie Reid—and his old joke of "Decet, delectat, juvat, oportet," from M'Lean, our Chaplain. Dymock averred that the Chaplain meant, or was, "Daiz't, doitet, daver't, deliriet," and moved that he should be fined for lack of wit, but it was not seconded. Grieg said it was a muslin bag to a silk shawl, that Dymock himself was not daft, donnert, or drucken, and proposed that his steadiness of hand should be proved, by his snuffing the candles at angle 45.—Quashed.—

The wee wee hour beyont the twal had now struck, and the Colonel properly hiccupping out

> We met to be merry,
> So let us be wise,
> Nor suffer the rum-bowl
> To block up our eyes,

proposed an adjournment, and away he waddled, determining to do the same again as soon as possible; as doth

Your very humble
and punchable servant,
NICOL JARVIE, M.D.

ART OF GYMNASTIC TRAINING IMPROVED, AND APPLIED TO STRENGTHEN THE WEAK AND NERVOUS. No. IX.

Success to our glorious art! and it has had triumphant success from the period when we first introduced it to the notice of invalids, as an instrument more powerful than all others for the recovery of lost strength. We anticipate, indeed, a new era in the science of medicine from this alone, when drugging shall give place to training diet, and bleeding and blistering, to exercise and bathing. Jeremy Bentham, and all philanthropists, will then be rejoiced to see that our children shall be attended to with as great care as our horses and our cattle, in the great points of food, air, and exercise. Our stomachs will then digest with alacrity and ease, our bowels will be braced with the vigour of boyhood, our heads will be clear, steady, and buoyant, our blood will go dancingly, and our lungs will play as smoothly and sweetly as the gossamer on the breeze. We shall follow up our systematic remarks by the

Effects of Training on the Blood.

There are fashions in doctoring as well as in other things; and on this principle it is that the present race of drugmen laugh at the notion of the blood being changed by disease or health; for the bile being their hobby, the blood is shoved into the back ground, and they ridicule disorders in the blood, and the good old remedies for sweetening the blood, as old women's nonsense. We confess freely, however, that we are unfashionable enough to agree with the great physicians of the olden time, and to assert the naked fact in opposition to fashionable theory, that the blood, as the river of life, always suffers in disease, and is the first to be restored to purity and strength on the return of health.

This being our principle, founded on indisputable fact, we are certain that training, when followed strictly out as we have

directed, will tend powerfully to restore and improve the blood when it has been impoverished or corrupted by disease. In nervous weakness, for example, the exhaustion, debility, and sinking, which are often so distressing to the sufferer, depend proximately on the blood being either too deficient in quantity, or too weak in quality, to supply the nerves with their due strength and stimulus. That is, the nerves, not having their proper portion of nourishment from the blood, pine and shrivel like a plant without its due supply of water; and when the nerves are not in full growth and vigour, the whole system of the body, of which they are the main-springs, must languish and lethargize.

In the case of the bile again, it is the blood which is affected in the first instance. The derangement of the bile is only a secondary effect depending on the blood, and when you restore the blood, the bile is instantly improved, the liver partakes of the happy restoration, and the whole body feels the consequences.

You must perceive the philosophy and the facts of this without our going much into their detail. The stomach and bowels being properly cleared and purified, by the emetics and purgatives given at the commencement of training, one of the main sources of corrupt blood is cut off, and as nothing is afterwards taken into the stomach but good beef, mutton, biscuit, and ale, it is plain that these must enrich, while they cannot corrupt nor befoul the stream of the blood. But if there should be taken, by accident, any fat of the beef or mutton, any crude vegetable matter of the biscuit, or acid of the ale, the injury which these might do to the blood will be speedily corrected by being thrown off from the skin, through exercise, or removed from it by sponging or bathing. As eruptions, blotches, scurvy, and ulcers, usually imagined to proceed from foul blood, appear to us to depend more immediately on the state of the skin, we shall consider these in another place.

Effects of Training on the Lungs.

Were training begun in youth by those who, from their form of body or hereditary constitution, are threatened with consumption—it would tend most powerfully to prevent its attacks—and for the following reasons:—

In order to give the lungs free space to play within the chest, it is absolutely necessary that the midriff, or diaphragm—the partition which separates the chest from the liver, the stomach and the bowels—should have free space to descend when you draw in a full breath, and charge the lungs to their full extent with fresh air. For if the midriff does not descend, the lungs cannot expand, the proper quantity of fresh air cannot be taken

into the lungs, and the blood of course cannot be purged, purified, and strengthened as it ought to be (see page 314.). Now mark you, it is impossible for the midriff to descend and allow the lungs to expand, while the liver is enlarged, and the stomach and bowels filled with wind, or undigested food. Still less can the midriff and lungs find room to move healthily, when the paunch is gorged with fat; the fact of which you may easily ascertain, by observing how laboriously and asthmatically a corpulent man draws his breath, and how oppressively he speaks.

These facts, therefore, being well established upon the experience and observation of every body who chooses to examine and reflect—we gain at once, without opposition, a glorious triumph for our favourite art; the triumph, to wit, of strengthening the lungs, by removing all obstruction in the stomach and bowels, to the descent and free play of the midriff; and by diminishing and removing oppressive fat, and unhealthy corpulence. Training effects this, by first clearing out corrupted food and foul gas, and secondly, by not supplying any thing that may tend to renew these.

Here again we see how the blood is also further purified by having a much more free and extensive exposure to fresh air, (see page 315.) than it can have when the lungs are crammed within a narrow compass, from the midriff being impeded or stopped in its descent by flatulence or fat, or undigested food. So that even if the training diet were less pure or less nutritive than it really is, the blood would be rendered and kept purer than usual, by its full exposure to fresh air, in the fully expanded lungs.

It may be necessary, here, however, to caution the unwary against the too hasty adoption of a course of training, when the lungs have become really affected by disease—at least, without first taking respectable advice; for what may tend most powerfully to prevent disease before its attack, may as powerfully tend to aggravate it when it has come on. We do not, however, by any means say, that training is improper in all diseases of the lungs. In all asthmatic complaints, we are certain that it is of decided benefit; but in consumption, if any active inflammation be present or be threatened, the beef-steaks and ale would certainly be too strong a diet, and might do mischief if incautiously taken. In all consumptive cases, however, where the inflammatory symptoms are not strong nor evident, or have passed into a chronic state, we see no reason why training might not be cauiously tried, and if it did injury it might be laid aside.

⁂ Our next paper will be on the Effects of Training, on the Skin and its diseases.

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The Age, Constitution, and Form of Body most liable to Consumption.

Age.—Since Hippocrates wrote on Consumption, about 3,000 years ago, it has been usual to state broadly, that the period of life most liable to its attacks is from 15 to 35, the average of which gives 25. This opinion, however, is both false and dangerous, as we shall show: false, because it is contradicted by facts; and dangerous, because it lulls the fears of those who may not be within the supposed consumptive period, and hinders them from making use of precautions and preventives till it be too late. We shall first give some facts in contradiction of the opinion.

Of the consumptive patients treated by Dr. Home, at Edinburgh, above half, as he informs us, were at least 40, and several of them much beyond that period. Of 100 consumptive patients in the Hospital La Charité at Paris, M. Bayle informs us that 33 only were under 30, and 67 above it; of which 67, there were 44 above 40. Of 135 consumptive patients who died at Chester, Dr. Haygarth tells us, that 25 were under 15; only 42 between 15 and 30; 68 above 30; and 44 of this 68 above 40. Of 96 consumptive patients who died at Warrington, Dr. Aiken says, 24 were under 15; so many as 36 between 14 and 16; and no fewer than 36, or three-eighths of the whole, above 45. Similar observations are recorded by Dr. Heysham, of Carlisle; Dr. Wooleombe, of Plymouth; Dr. Sussmilch, of Berlin; and by Dr. Alison, of Edinburgh.

From the average of the whole, it appears, that of those who die of consumption, about a third are under 15; about a fourth between 15 and 30; above 30, more than a half; and above 40, about a third. Dr. Alison, however, remarks, that the greater number of fatal cases beyond 40, occur among the poor, and between 15 and 30 among the middle and upper ranks. This is a distinction of considerable importance, in a preventive point of view; and will prevent, we hope, in all who read these observations that dangerous security but too often indulged in, by those who think themselves without the pale of the consumptive age. It is not to be forgotten also, that as females are more prone to consumption than males, that it will be most apt in them to make its attack about 14 or 15, or during the time of their completing their growth.

Constitution and Form of Body.—Dr. Darwin states, as the most constant mark of a consumptive constitution, that the pupils of the eyes are uncommonly large and full, to which some physicians add, that the eye-lashes are long and glossy, but the

latter is not yet established. The teeth are in most cases white and pure. The chest is narrow, the breast bone being pressed in upon the lungs, and preventing their full expansion. A proof of this also may be seen if you examine the shoulder blades in such persons, which are pushed backwards by the inward pressure of the breast bone, and stand out as Hippocrates strongly expresses it, like the wings of a bird. The breadth of the shoulders indeed is a good test of the consumptive form. If the space between the shoulder blades is large, the chest can scarcely be called narrow; and if they make a near approach, the breast bone will be flat, and the lungs must be confined to a narrow space. This form of the breast bone also prevents the full sweep of the ribs, which will form an unnatural curve, and bulge out on each side, leaving a hollow between.

The neck is in such cases longer than natural; the shoulders are high; the temples are lank and hollow; the cheek bones are high and projecting; the haunches, according to Dr. Simmons, are wider than natural; and the whole form slender and delicate.

Hippocrates mentions particularly, that those who have a smooth, fair, ruddy complexion, and light or reddish hair, with the skin disposed to freckles, are most liable to become the victims of consumption. The experience of three thousand years has confirmed his description. But we must beware of making it exclusive, and saying that it is only such who can become consumptive, and that all other complexions and forms of body are exempt; because consumption may arise from other causes, and prove fatal in any complexion or constitution. A fine clear transparent skin is one of the most certain marks, whether the eyes and hair be fair or dark, provided the pupil be large, and the eye lashes fine. There is usually also, in such persons, great quickness, cleverness, and genius, occasioned perhaps by the great sensibility in the nerves. In early life, there are usually bleedings from the nose, and swellings in the glands of the neck.

It is well remarked by Dr. Buchan, in a little work just published by him, that nothing more strongly indicates a predisposition to consumption than the form of the nails: in consumptive persons, the nails are usually bent inwards, or have a tendency to bend, and the patient (perhaps from that circumstance) acquires an obstinate habit of biting them. This is particularly remarkable in many young persons, whose constitution points them out as liable to consumption.

When any or all of these marks of a consumptive constitution and form of body are observed in any individual, it will be of the utmost importance to attend to the symptoms which we have

given at page 292, as the first signals of the beginning, or the begun attack of the disease; and to take immediate measures to check its advancement, according to the method we have so often laid down in this publication, namely, by avoiding all inflammatory food, violent exercise, and too warm clothing, and by applying two dozen leeches over the chest, and as soon as the bleeding is over to put a blister over the part: to be repeated as often as it is found necessary.

Milk Diet, a remedy in Consumption.

You have just been told that all inflammatory food must be avoided. One of the mildest and least inflammatory articles of diet for the consumptive, is milk, and its several preparations, provided always that it be used judiciously; for milk, like all other good things, may be taken improperly, so as to aggravate rather than do good to the disease.

That a milk diet is benefieial in consumption is evident on philosophical principle, and the experience of 3,000 years, (namely, from the time of Hippocrates,) has confirmed the fact. Van Sweiten agrees with the Greek physician Galen, in recommending women's milk as the lightest, and next that of asses, and if neither can be had, the milk of goats, ewes, or cows. Since that time the milk of mares has been said to be the best.

According to the chemical analysis of Stipriän, as published in Crell's Annals *, mare's milk contains most sugar and least cream, butter, or curd:—women's milk contains most sugar, and least butter and curd, next to mare's, with most cream, next to sheep's. If this be correct, mare's milk should be the lightest, but less nutritive than women's. According to another analysis by Parmentier†, ass's milk contains a less proportion of curd than any of the rest. If you cannot procure the real, you may try

Artificial Ass's Milk.

Bruise eighteen garden snails, with
one ounce of hartshorn shavings,
one ounce of eryngo-root,
one ounce of pearl-barley. Boil these in
six pints of water down to half the quantity. Add
one ounce and a half of syrup of tolu.

Take four ounces, morning and evening, mixed with four ounces of fresh milk from the cow. The snails may be omitted, or their use concealed from the patient.

When the genuine ass's milk can be had, it may be advantageously taken in larger quantity, say two pints four times a-day

* Crell's Chemische Annales, VIII. p. 138. An. Dom. 1794.
† Annales de Chimie et de Physique.

with a little bread, so as to make a kind of meal. If it should happen to purge, as it sometimes does, you may mix with it a little of the confection of roses, or the powder of prepared crabs claws.

When the milk of cows is used, it should always be allowed to stand till the cream can be removed; or when drunk warm from the cow, that which is first drawn from the udder is the best, as it contains least cream, for this is always hurtful. Butter milk has been found excellent in the first stages of consumption, when drank fresh and in some quantity. If it disagree, it may be taken at first in small, and afterwards in increased quantities. It should never be taken when it has any bitter taste, which is caused by something putrid.

Indian Nursing, with Hints to White Mothers.

We heartily wish that the mania for what is Indian, would turn from the shameless, ignorant, and extortionable quackeries of Whitlaw, Mrs. Johnson, and Mrs. Grier, to the more useful and profitable things which might be learned from Indian nursing. In North America, we are informed by Mr. Hunter, who is himself an Indian, that the women bestow little attention on their children beyond supplying them with sufficient nourishment for their health and comfort, and protecting and preserving them from injury, and from the vicissitudes of the weather. They seldom, if ever, give them animal food till their teeth are capable of properly masticating it. During the sugar making season, they give them sugar and syrup, which is found to agree with them well. They suckle their children from eighteen months to two years; and under these circumstances we should certainly approve of this, though from nine to twelve months we think the best period for European mothers. The Indian children do not cut their teeth till they are a year old, and they do not suffer so much from teething as white children. Their food being more simple, renders them, Mr. Hunter supposes, less irritable during their infancy; and hence it is, that they seldom or ever bring up their food in a curdled state, which is so common among white children.

The child is confined on a piece of the bark of a large tree or board, on which is laid a piece of buffalo or bear's skin for it to lie on. The child is confined on this with two soft bands; and placed for hours together in the wigwam, or by the side of a tree, while the parent may be gone for miles in search of wood or fruit. One of the most admirable maxims of Indian philosophy and practice is, that "crying is good for a child, and will

make it grow." A mother will accordingly sit with the utmost composure and hear her child cry without attempting to pacify it, provided she is certain that it is well. Mr. Hunter remarks with great naiveté, that "it must not be inferred from this, that the Indians are indifferent to the comforts of their infants, or that they are destitute of parental affection. The extreme anxiety and solicitude which they manifest when their children become sick, or are accidentally injured, proves the reverse beyond a doubt. Let their families be in danger from an enemy, or exposed to fire, &c., and I venture to say the strength of the parent's affection is shown in proportion to the danger which threatens the safety of the offspring."—We fully believe it, and we shall from this text undertake to show some of the

Errors and Absurdities of European Nursing.

If you hold a fuss with a child when it cries, you may be certain it will give you enough of it, were it for no other purpose than procuring for itself the incense of cajolement and coaxing, of cakes or sugar plums. If, on the other hand, you allow it to come to its senses of its own accord, as is done by the wise Indian mothers of the American woods, you will soon find that it will not cry on any occasion except it be hurt or unwell. You may think, as Mr. Hunter did, that the Indian plan would be savage and cruel; but we maintain that the common plan is much more so, inasmuch as it subjects the child to tenfold suffering in after life, from the unrestrained indulgence in passion which it fosters. Even when a child falls or hurts itself by accident, it is the duty of the parent or the nurse to take no notice of it, if it is not serious. Lord Kaimes well remarks, that the practice of scolding or of beating the floor or the chair for hurting the poor child, has a powerful tendency to cherish revenge and other bad passions.

Another maxim implied in the Indian one is, that an infant or child ought never to have any thing that it cries for, except upon condition that it ceases crying. If this maxim is not strongly adhered to, and if the child is allowed to cry, or scold, till its commands are complied with, you will most certainly produce and foster a tyrannical disposition, which may lead to great personal danger in after life. Nothing, indeed, should ever be given to a child who asks for it either in a commanding tone, or with crying or whimpering. Lord Kaimes mentions a child who had been thus absurdly indulged, who insisted that he should ride on the joint of roast beef, which was being carried up to table, and the parents, if we recollect right, had nearly complied with the child's demand. Another child of this stamp cried for an expensive piece of cut crystal—had it—and dashed

it at his feet in sportive exultation over his silly and criminal parents, who were by this means encouraging him to tyranny, self-indulgence, and ruin.

Parents and nurses who cannot say "no," with firmness and resolution, ought not to be permitted to bring up children, and there ought, we think, to be a peremptory act of parliament on purpose to remove children from their superintendence. Merely to say "you shall not do so," or "you shall not have it;" while the prohibition is not firmly kept to, is clearly telling the child that you yourself lie, and clearly teaching him to lie by your own foolish example. To request a child by saying, "do'nt do so, there's a good boy!" is to give him a complete mastery and tyranny over you: indeed we never yet saw a child who did not persist the more in what he was forbidden in consequence of such, and similar silly speeches. If children brought up in this way do not, when grown up, get horse-whipped or come to the gallows, the parents can take no credit for their escape; for their training for insult and crime has been the best possible, though all the while the hood-winked parents have been referring their obstreperousness and obstinacy to their peculiar temper. Nothing can be a more criminal delusion; but it is a delusion so universal, that we despair, even by our plain speaking, to bring the deluded to a proper sense of duty.

There are peculiarities of temper, we deny it not; but if a child is found to be naturally obstinate and bold, this temper cannot too soon be checked and brought under command, and nothing will more powerfully succeed in this, than saying "no," firmly and unalterably: if you tamper with promises and apologies from the child, and give up your point, you will lose the day, and the child will be ruined for life.

Begin early to form good habits in a child, and they will remain with it. Put it to bed at a certain hour and minute from the first week of its life. We prohibit all cradles, and all rocking, dandling, or singing a child asleep, as unnatural and very hurtful to health. If a child is put to bed at its regular hour it will infallibly sleep if it is well; if it is not put to bed at its regular hour, you have no right to expect it to sleep, no more than you have to expect it to walk the first week of its life. Dandling and singing a child to sleep is part of the same bad system, as coaxing and cajoling it when it cries; and accordingly you will find that there is not one child in a thousand, who has been sung to sleep when a mere infant, who will not cry and squall when put to bed every night, for four or five years afterwards. On the contrary, we have seen from experience, that children put regularly to bed at a precise hour, are always

as fond of going to bed as you are to have them, and will not refuse nor cry to go to bed once in twelve months. To produce this effect (and we assure you to a certainty it can be produced) you must give up cradles and singing, and attend to the stated hour and minute at all times.

In spite of our advice, however, we know that parents will abide in their errors, either from indolence, from prejudice against what is new, or from pride that they know their own system is the right one. We are conscious at the same time, that we have done our duty; and if one mother only, out of the many who subscribe to our little work, shall strictly follow our directions, we shall consider ourselves recompensed, and she will be pleased and gratified to find that our system saves an immensity of fatigue, trouble, and vexation, which are inseparable from the erroneous system we have been combating.

⁂ We intend to give in the sequel, a very complete series of papers, on nursing and education, it being one of the most useful of all subjects for families.

Causes and Cure of Scrofula, or King's Evil.

From the erroneous notion, that this disease is derived from the sow, the Latin for which is *scrofa*, it has been called scrofula, or scrophula, meaning the "swine-evil;" it has also been called the king's evil, for kings in days of yore pretended to cure it by the touch. Surgeons call it *struma*, which is Greek for swelling; for it is a dangerous thing for them to name the word scrofula, the incautious use of the term having often procured the family doctor his dismissal with disgrace.

Causes.—Passing over till another opportunity the hereditary nature of scrofula, and the marks of a scrofulous constitution, in the face, &c., we come to the more important subject of its occasional causes. These, we agree with Abernethy, Carmichael, and Lloyd, are clearly whatever may reduce the strength or impair the health. If a child is fed with weak, watery, vegetable food, which easily becomes sour in the stomach and bowels, you may be almost certain that it will sooner or later be affected with scrofula. Or if it be exposed without proper clothing to cold, or what is worse, to a damp atmosphere, the same dreaded disease—scrofula—will be readily produced. Upon precisely the same principle, namely, that of weakening the constitution, scrofula will arise after severe small-pox, measles, or scarlet fever; and Mr. Lloyd says that he has known it produced by a long course of mercury. The calomel, therefore, which is at present so indiscriminately and largely given

to children, as well as to adults, is out of all doubt, one of the chief causes of scrofula, by its weakening the general health. Drugging of all descriptions is also culpable, and more particularly the copious lancet bleeding, and cupping, so favourite a practice with many practitioners.

To illustrate to you the powerful influence of the derangement of the stomach, in the production of scrofula, we shall mention one or two cases, as given by Mr. Lloyd in his excellent treatise on scrofula.—A man was brought into St. Bartholomew's hospital, with his leg broken by a kick from a horse, and though it was a bad wound, it did well, and in a fortnight he was in the fair way to speedy recovery. His friends at this period, brought him a large plumb-pudding, and other substantials, of which he ate heartily. The evening after his improper feast, he became sick, and a high fever with delirium came on. Now mark. The wound, which had been so healthy, began to mortify in the short space of twelve hours after he had eaten the pudding. Next day the limb had to be cut off; and he died eighteen hours after the operation. A boy in the hospital, had also a broken leg, which was doing well, till he disordered his stomach by eating apples and other indigestible things. The consequence was, that the broken bones which had begun to unite, again separated, and he had to be confined double the time of his first confinement, before he got well.

These and a thousand other facts, which it would be easy to collect, show most unequivocally, that scrofula, or king's evil, in all its forms of swelled glands in the neck, bad ulcers and sores, and white swellings of the joints, is mainly produced by a disordered state of the general health, and particularly of the stomach. It follows clearly, therefore, that if you restore the stomach and the general health to a vigorous condition, the scrofulous swellings and ulcers will speedily heal without the useless farrago of salves and ointments, and liniments, which are only good for amusing you with vain hopes, and for putting money into the drugman's exchequer.

Cure.—As we have proved on the principles laid down by Abernethy, Lloyd, and Carmichael, that scrofula is a disease of weakness and disordered digestion, the cure must evidently consist in employing all possible means of strengthening the constitution and improving the powers of the stomach. If the disease has made its appearance in a child in the form of flushed or ruddy cheeks, swelled or chapped lips, swellings and tumours in the neck, or white swellings of the joints; then you may be certain that his food has been too weak, and has run to acid in the stomach and bowels. Diminish, therefore, his vegetable

food, and let him have as much lean broiled beef or mutton with fresh biscuit, as he can eat, with soda water, or fresh table beer, as he can drink. Milk, which is by many recommended, is highly improper. Mr. Carmichael clearly traced by far the greater number of scrofulous cases, which he met with in Dublin, to the common use of butter-milk, which readily produces acidities in the stomach and bowels. Training is certainly the most powerful remedy hitherto discovered for scrofula, as we shall afterwards see.

As the superabundance of acid is evidently one of the chief causes of scrofula, chemistry tells us the best remedy will be alkalies to destroy the acid. In fact, this practice has been very successful with all who have tried it, for the alkali not only tends to destroy the acid, but it tends to stimulate and strengthen the weakened stomach and bowels. Any of the alkaline medicines prescribed in former parts of this publication, as at pages 183, 367, &c., will be found useful; or the following

Remedy for Scrofula.

Upon two ounces of fresh quick lime, pour
three pints of soft water.

Cover it up close for about an hour and pour off the water, which is to be strained, and kept in a bottle closely stopped. For a child, three table spoonfuls to be taken four times a day, in a cup of dandelion, or beef tea. For an adult, twice or thrice this dose.

Mr. Farr, in his work on scrofula, recommends the caustic potass in doses of from one to three drachms twice a day; but though we think this medicine may prove powerful, we should decidedly object to such terrible doses as this, which might, for any thing we can see, burn the patient's stomach to a cinder. It is but justice, however, to say that we have not, and Mr. Farr has tried it, without, he assures us, any bad effects following.

*** The subject of scrofula will be continued, with the treatment of scrofulous sores—its hereditary transmission, &c.

Humbug of the French Tonic and Digestive Wine.

We know nothing of Williams and Co., except that they live within the sound of Bow bells, and announce themselves as sole agents for the sale of a new quack medicine, pretended to be procured from MM. Fouchard and Dephos of Paris; but virtually manufactured in London, though not we have good reason to believe, by this Williams and Co., who are merely put into the gap to screen their employers from a charge of quackery and extortion. It is not, however, so much the quack proprietors, that we have to do with as the thing itself, which is

the most impudent humbug ever palmed on the proverbial gullability of the English people. It is only one shilling per glass!—would you believe that any medicine could be afforded so reasonable?—A medicine too, which is so wonderful in operation and miraculous in effect. Williams and Co., the humbug agents of the quack proprietors assure us, in print, that it is "an effectual remedy against indigestion, nervous debility, worms, headaches, eruptions, and a certain promoter of vigour and health, an excellent assistant in training, and a safeguard against the injuries of hard drinking."—This we affirm to be a tissue of the most infamous falsehoods ever put on paper. An assistant in training indeed! why if this mean any thing it must be *drug-training* for old death, for which we warrant the tonic wine to be as super-excellent as any apothecary's draught from the larder. For gymnastic training, as we have taught the art, our readers well know, it can never be intended, all drugs and all wine being strictly forbidden as certain destruction to health and strength.

This quack drug, the Tonic Wine, appears to be composed of very cheap stuff, though it is sold at the exorbitant price of about 11s. per pint. The chief ingredient is of course water, which constitutes more than seven-eighths of the whole. The flavour, which is always a main point with quacks, is given by the leaves of the poison laurel, or what is much the same, prussic acid; the wine taste is communicated by a mixture of bad brandy and wine cooper's-stuff, or some cheap trashy wine is used; the only thing good in the whole composition, for we must give the devil his due, is a portion of the tincture of senna. In short, the glassful of the quack drug for which—if you are fool enough to be gulled, you pay a shilling to Williams and Co., only costs their quack employers about a penny!!!

England, no doubt, is a free country, and the people of England have the undoubted right to be gulled if they so please. Quacks, therefore, find it is the only country in which they can live and thrive. The same blessed freedom gives quacks and extortioners a right to charge what they please for their trash, whether it be Tonic Wine, Balm of Gilead, Jordan's Rakasiri-gin, or Hunt's Roasted Corn. It gives us the same right to expose humbug, hoaxing, and imposture; and we shall not spare to exercise it, while we have the conducting of the Oracle, in defiance of the empty threats and vapouring menaces of prosecution which are sometimes sent us. These only prove the more strongly that we are doing our duty to the public, while the quacks are smarting and writhing under our lash. Whitlaw, Mrs. Johnson, Williams and Co., Cameron, Jordan, Gardner, Aldis, Fletcher, and the rest of the gang, know well that by prosecuting us

they would only ruin themselves. For the public, it would be well if they should be foolish enough to indict us for showing up their quackeries.

*** Burgess, the vender of Infants' Balm, and French Imperial oil, may expect that his turn among the quacks will soon come on.

THE TEWHADIDDLE CLUB OF AUTHORS AND PUBLISHERS.

"Long life to sheriff Whittaker, the Great," will hence be the morning and evening prayer, and standing toast of all authors, from Grub-street in the East, to John Murray's in the West. Know all men, being authors, by these presents, that from and after the publication of the Universal Review, otherwise called and known by the name of the Cockney Baggage-cart, the said sheriff Whittaker, being sober and sound in mind and body, hath made declaration, that he will not attach nor cause to attach, or to be attached—detain, nor cause to be detained under his custody any author, or authors, who can prove their right and lawful title to claim his gracious mercy in lieu of their avocation of authorship aforesaid,—all oaths, promises, and covenants of the said sheriff Whittaker, to the contrary, notwithstanding.

Such a declaration, thus made and recorded, could not fail to entitle the worthy sheriff to a distinguished seat in the Tewhadiddle club, which meets regularly for the laudable purposes of supping on night-caps, and conspiring against learning. The night-caps are furnished, or at least manufactured, as you may guess, by the secretary Dr. Kitchiner, made according to the receipt in the Oracle, page 21; and a queer quizzical exhibition it is to see a conclave of spare-ribbed authors and sleek-eared publishers, guzzling and gulping the doctor's tewhadiddle as if it were mulligatawny or vin nuptiale. Between each gulp of the tewhadiddle, or which is the same thing, between each mouthful of night-cap, songs are sung, catches trolled, stories told, and verses spouted, for the delectation of the ears worn by the clubbers. So much for the fun of the thing, now for business.

The Editor of the Old Woman being voted to the chair, it was proposed, and seconded, that all the works written or published by any of the members of the Tewhadiddle, are the only works to be read or spoken of in public or private by the aforesaid members of the Tewhadiddle, and that all other works written or published by any person, or persons not being members, are hereby declared null and void of all merit. The resolution was carried by acclamation, and all present avowed their determined purpose of bringing it into speedy operation—expulsion from the club being the penalty of negligence or neglect.

By thus publishing the plans of this secret and iniquitous conspiracy against learning and science, we put our economical readers on their guard against being inveigled into the purchase of trashy books, written or published by this dark club of night-capeaters. The clubbers consider it all right and fair to praise their own doings, while they contemn and despise the doings of others. As an instance, we may point out to you that a well known member of the Tewhadiddle, the crestless, crumbless, and crouching critic, Croly, crinking and crisping the crotchets of criminal crystal, and crimson crocodiles, has in the first number of the Universal Review, or Cockney Baggage-cart, of which he is the editor, praised and be-praised his own nondescript farce, misnamed the *comedy* of "Pride shall have a Fall," while he utterly condemns some of the best productions of the day. Many other works of the clubbers have experienced a similar kindness in other Tewhadiddle Reviews. Indeed you have only to mark *who* reviews the books of the night-cap-gulping secretary, to discover the members of his club. We say *his* club, for there can be no doubt that the Tewhadiddle was planned by Dr. Kitchiner, as a capital instrument for promoting the sale of his works, and it has been recruited by beating up where the same lure could be plausibly held out among pushing publishers, and parasite authors, who would rather prop their success on Tewhadiddle criticism than on genuine merit.

The secretary of the Tewhadiddle has just published a book, entitled, "The Economy of the Eyes," upon which we have already seen one criticism decidedly written by a clubber, who takes care not to mention that this book is only an old friend with a new face, being in a great measure a republication of Dr. Kitchiner's book on telescopes and opera glasses—good enough of the sort, but too much of a good thing to be purchased twice. The doctor may well afford to supply night-cap suppers to the clubbers, by so gainful a trade of book-making as this.

We have done our duty in warning our economical readers of this humbug, the progress of which we shall watch and report upon. We have just heard that a certain skulking bread-chipper, who boasts, as Dr. Collyer does, of being a Fellow of the Royal Society of Nancy-Dawson, has been admitted a visitor, ex-officio, from being scissars-and-paste-boy to the Universal. The entire list of the members we shall publish, when we see occasion.

Chemical Process for Curing Meat.

The chemical means which are employed to preserve various

articles of food, which would otherwise become in a short time stale, and unfit for use, are next to the processes which we have given for cooking, worthy of examination. Common salt * is the principal agent employed in most of these preservations of animal substances, as sugar is in the case of fruits.

Pickling.

The process of pickling animal substances is performed by taking eight pounds of salt, one pound of sugar, and four ounces of saltpetre, and boiling these in four gallons of water, for a few minutes to form a pickle, which must be skimmed and allowed to cool before it is used. The meat is then to be laid in it so as to be completely immersed, and retained under the pickle by a board loaded with weights.

This process is in some respects better than that of dry salting or rubbing, for *corned* meat which is used soon after it is prepared, sustains but a slight chemical change, and the solids being very little decomposed and the fluids little injured, it remains succulent, tender, and nutritive, though certainly not quite so much so as it was in the fresh state. The longer, also, the meat is kept in this state it is rendered both less palatable, less digestible, and less nourishing. This will be evident when we consider the following facts :—

When the meat is immersed in the pickle, the animal juices attract the salt, which soon penetrates even to the bones ; and it appears from examining the pickle in which meat has remained for some time, that it contains a considerable portion of albumen, fat, and other substances extracted from the meat. Experiment accordingly proves, that though meat loses a portion of its juices, these are more than supplied by the pickle imbibed, for it gains a weight on an average of two and a half, or three per cent. and hence perhaps its harsher taste. The effect on the fibres of the meat is more injurious than on the fluids, for it renders them hard and tough, a disadvantage which is sometimes partly but not altogether remedied by sugar and molasses added to the pickle.

Dry-Salting.

When salt, mixed with a little saltpetre and cayenne and Jamaica pepper, or salt alone, is rubbed upon the meat, and carefully kneaded in by a process similar to *shampooing*, the preservation is in one sense equally complete, for it will keep as well or better, but the nutritive properties are more changed. After rubbing it completely over in this way, it is put into the tub or

* Called by chemists, sulphate of soda; or chloride of soda.

barrel, where the salt being melted by the animal juices forms a strong brine. All the fluid, consequently, which dissolves the salt being derived from the meat, it must lose both in weight and in nutritive elements. It is accordingly found by actual experiment that dry-salted meat loses about six or seven per cent. in weight, while by pickling we have seen that it gains about half this proportion.

When beef or pork is salted by salt alone, however properly the operation has been performed, the meat soon loses its red colour, and becomes greenish, which shows how injurious the change must be. This change of colour is prevented by adding to each five pounds of salt, an ounce of saltpetre, but the red colour is preserved at the expence of the softness and tenderness of the meat. A little cochineal will, however, give the red tinge, without affecting the texture or the flavour of the fibre. The tenderness is also better preserved when meat intended for domestic use is kept until its fibres become short and tender before it be salted. In the provision trade this is not attended to, for the slaughtering and salting are frequently performed within the hour.

Salting and Smoking.

Beef, pork, tongues, and sometimes mutton, venison, and even fowl, are preserved and highly relished by first salting them in the usual way, and afterwards drying them, either with or without the smoke of wood. When they are to be smoke-dried, less salt is required, for the smoke, both from the carbonic, and the pyroligneous acid which it contains, is strongly antiseptic. The pyroligneous acid itself may be used either alone, or in the proportion of two table spoonfuls to the pickle, for curing a ham of ten or twelve pounds weight. For this discovery we are indebted to Mr. Sockett, of Bath.

All ham, bacon, hung beef, dried tongues, fish, &c., although they may be relished, are very much deteriorated in their nutritive properties, by the mode of curing. The fibres are shrivelled and dried, and of course deprived of their bland and succulent juices, which no cookery can ever restore; and the union of the salt and the particles of smoke with the fibres both render them hard and highly stimulating—for as it requires a double portion of gastric juice to digest them, it must drain the blood of an undue proportion of fluid, and consequently occasion thirst. This is no theory, for the fact is familiar to all, that this sort of food excites great thirst. Those whose organs of digestion are vigorous, therefore, may with impunity, perhaps, indulge in such fare; but it ought to be strictly forbidden to the delicate, and those who are desirous of deriving strength from nourishing food.

THE FAMILY ORACLE OF HEALTH.

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NOTICES.

With next Number will be given an ornamental Title Page and an Index for the Volume, which could not be completed in time for this month.

The Members of the Tewhadiddle Club are in great consternation at a report that Cruickshank is about to pay them a visit. The Nancy-Dawson, F.R.S. at least may keep himself easy; for Cruickshank says it is quite impossible to caricature his meaning-less porky physog.

The Tonic Wine Quacks of Paternoster Row are soon to be Goosed in the King's Bench, we are told. Mr. Crucifix shall be welcome, if he chooses, to a few of their puff letters in our possession, to aid the trial.

Gratis Prescriptions and Advice to Subscribers.

The Editors make it a rule not to visit nor write to Subscribers professionally.

[*Age; habit of body and of living; occupation, causes, progress, previous treatment, and the time complaints have continued, must be stated, and sent on or before the 24th of the month.*]

F—— H——, of Newport, Isle of Wight, need feel no alarm at the turbidness. He will find some excellent things for his Case in this Number, particularly page 478. We are glad the Training agrees so well.

Z. Z. of Lincolnshire should not touch milk, as it is acid which is the disordering cause. Tea, with the least bit of chop or steak, to breakfast; a biscuit for lunch, when he feels faint; mild ale (but nothing weaker) to dinner and supper; sleep at least eight hours; warm bath, and cold water on the head, page 127, but the general cold bath by no means. The prescriptions 183 and 367, are good, and the Pills 421.

Chalons, of Edinburgh, must wear a cool dress and live on cool diet, avoiding beef and red meats. Cold sea bathing is good, and very early rising; he should not exceed six hours sleep. We see no immediate cause for alarm; if he gets no better, we refer him to page 478. Moderate indulgence would certainly do good.

R. W. B. of Wisbeach, would do well to give up the water at dinner and take mild ale; good Sherry would be better than Madeira. We should not object to one cup of tea in the evening. The cold water, page 127, every morning for two months. Sir H. Halford's pills, page 421, for the costiveness—Injections of cold water or lime water, with milk, for the ascarides—and the pills, p. 279, for the headache continued a month. Right, we fear, in the cause.

X. N. of Durham, has our best thanks for his clever epistle. We regret that candour obliges us to say, we know nothing besides what he has himself tried, for reducing corpulency. He does not say whether he has tried to abridge his sleep to four, five, or six hours, which would certainly have *some* effect, *along with* abstinence.

If J. P. S. of Peckham, will give us a detailed statement of his age, with the symptoms and previous treatment, we shall attend particularly to his Case, if he find nothing in this and the last Number suitable, as we think he will.

A Constant Reader shall have early attention.

J. Z. after cleaning the teeth should use the myrrh wash, p. 111. Scaling is the safest way,

J. W. M. is referred to the remarks, page 480, on Eruptions. A poultice of mustard and flour applied for half an hour will clear the skin for a time. Warm bathing is good. Try the pills, page 386, one in a glass of lime water every night or every other night for a month.

J. P. S. B of Finsbury Square, is right about page 183, and about the ale. We are sorry our article on Strawberries, &c. has been mislaid this month—they are excellent for the nervous, bilious, and gouty. Gruel from grots, is better than from oatmeal, but it is not good without a glass of wine in it. The soda powders may do, but are not so good as bottled soda water. The flesh brush as hard as it can be comfortably borne.

We thank the Printer's Devil, but we have known all the humbug Tonic Wine secrets from the first. We are glad that the Oracle has shamed the fellows out of it; but we have not done with them.

Iterum Crispinus, we fear is threatened with palsy. We recommend the dumb bells for an hour, twice a day; the cold water to the head, p. 127; rigid Training for two months; Abernethy's plan, occasionally for the bowels; and the pills, page 279. We cannot promise much. Nothing will do good suddenly: every method will take a long time to show its effects.

A. X. of Greenwich, is right in the cause the effects of which continue long. We know nothing better for him than the directions, page 420. Let us know how these succeed.

V——, of Islington; X. Z. of Dublin; W. S. E.; Incog.; G.; and Tom., are referred to page 478. The blister and training indispensable.

July Diseases, and the Means of escaping them.

—— It is a glore to see
The stabl'd winds, and the calmed sea,
The soft season, the firmament serene,
The lowm [1], illuminate air, and firth amene [2],
The silver scaled fishes on the grete [3],
Athwart clear streames sprinkling for the heat;
With finnys shining brown as cinnabare,
And chisel tails stouring [4] here and there:—
The cornys croppys and the bloomyt [5] weeds
With gladsome garment revesting the meads.

Gawin Douglas.

We are never satisfied. Contentment is not the lot of our poor humanity. In winter we complain of cold; in spring we complain of rain; and in summer, "when all the birds are faint with the hot sun, and hide in trees," we fail not to complain of the parching heat and the sultry air. Shall we say then, that man is a complaining animal? We answer yes, for the nervous, the bilious, the gouty, the hysteric, the hypochondriac, the scrofulous, the apoplectic, and hundreds of others, who oftentimes cannot precisely tell what is wrong, though they are certain they ail somewhat. The Irish, who seldom have to beat about the bush for a *pat* expression, make an appeal in all such cases to the term *bother'd;* but we, as medical men, must abide by our dignity, and dare not venture upon any more popular word than *fidgets*, to express the disorder of all-over-ness, which ranks not as a disease among the legitimate doctors. It *is* a disease nevertheless, and a very troublesome one, as we have already shown, page 339.

Now with the exception of indigestion, and nervous, bilious, and rheumatic complaints, perhaps the fidgets, or the disorder of all-over-ness, is one of the most prevalent in the month of July. It is singular, but so it is, that gout and rheumatism are found so frequent in summer, though it is generally believed that these diseases are caused by cold. The opinion, indeed, is but partially true. Gout and rheumatism depend chiefly on the state of the stomach and bowels, and when these are deranged, a fit will be produced, whether it be in winter or in summer. We hesitate not to say, indeed, that it is only when the cold of winter deranges the stomach and bowels, and not by its immediate influence upon the joints or the great toe, that gout or rheumatism is developed. There are many ways of treating these tormenting complaints, namely, by attacking the disease from without, with cold or with

[1] Windless. [2] Pleasant. [3] Gravel. [4] Bustling. [5] Bloomed.

ointments and washes; or by going to the root of the evil at once, and restoring the stomach and bowels to their healthy functions of digesting food and preparing healthy blood.

It has long been a stumbling block to the doctors, that no effectual remedy can be found for chronic gout, and chronic rheumatism. We take the liberty to translate the Greek word *chronic*, by long standing, or constitutional, and we say that if gout and rheumatism have fixed their abode in a certain constitution, and tabernacled in the blood, for five, ten, twenty, or forty years; it is but reasonable to expect that it may take as long to remove them. This is a very uncomfortable doctrine, however, to the sufferers, who are always ready to grasp at every remedy that promises relief; and though they seem doomed to "torture without end," yet "hope the charmer, lingers still behind;" and whispers a flattering tale of the virtues of some untried pill, or some newly invented drop. We beg leave, therefore, to present those who are afflicted with rheumatic, gouty, or nervous pains, with what has lately proved to be a very powerful remedy in such cases—chiefly as it should seem by its influence on the stomach. The medicine we refer to is the

New Remedy for Chronic Rheumatism and Gout.

Take one drachm of cubebs powder,
ten grains of magnesia,
half a tea cupful of cold water or milk.

Mix, and take three, four, or six times a day, for at least six weeks, keeping the bowels regular if necessary, with Sir H. Halford's pills, page 421.

This medicine will be found to improve the appetite, and raise the spirits, and you may know readily after the third or fourth dose, whether it is taking effect on the constitution, by observing whether it does not give a particular smell to the urine. If the pains are severe or troublesome, we would advise the parts to be treated twice or thrice a day, with the belladonna liniment, page 218. One of the great recommendations of the new remedy is, that it acts constitutionally on all the inflamed or discharging surfaces of the body, and has lately been much and successfully employed in diseased discharges of the urinary organs, as we shall afterwards see. We should also advise most strongly in all such cases, a rigid course of training, as laid down in this work; we have known this successful in old, obstinate, cases of chronic rheumatism and gout, when nothing else was of any avail. The parts affected ought always to be covered with oiled silk, or where that cannot be procured, with brown sugar paper.

Diseases of the Liver and the Bile.

At all times of the year, these disorders are the unwelcome companions of the sedentary, the idle, and the luxurious; but in hot weather they spare nobody, and England for a month or two becomes almost as bad for the liver as India, where, as every body knows, swelled livers and bilious diseases, carry thousands to their graves every year. With us, the speedy return of the winter prevents liver disorders from being so suddenly fatal as in India, but their continuance, often for years, renders them perhaps more to be dreaded:—a living death—though life be sweet—is often worse in many circumstances than death itself.

We cannot tell why (but so it is,) that heat, in whatever manner it be produced, either in hot weather, or by immoderate indulgence in wine, high-seasoned food, or venery—uniformly tells on the liver, and spurs it on to inordinate action. It is well known, that all the blood which is returned from the bowels and the lower parts of the body, must pass through the liver before it can get to the heart; and that in its passage, the liver drains off from it the bile, which is to be afterwards used in preparing the stomach-cream, page 318. Now, if through any cause, you increase the tide of blood to the liver, beyond what it can easily manage to filter the bile from, it must of necessity be overpowered by the stream, and injured in proportion to the violence and the continuance of the current. For the vessels of the liver will be distended by this stream of blood, and inflammation will follow, if it be not first relieved by an overflow of bile into the bowels and stomach, which is always itself a certain and serious cause of disease.

Be it as it will then, if you send an increased current of blood to the liver, you may always be certain of a bilious attack, and in many cases, both of this, and of a subsequent inflammation of the liver. Hot weather, accordingly, such as we usually have in this month and the next, will always produce bilious and liver diseases, in proportion to your exposure to it, and to your augmenting its injurious effects by improper indulgence in drinking, eating, or venery. Be cautious, we adjure you, for it is no easy matter to bring round a deranged liver to a state of health, and before you can be made convalescent, you may be forced to swallow as many drugs as shall destroy beyond recall, ten years of your constitution, as we shall presently show you in another article.

In hot weather, therefore, if you wish to prevent an attack of bile or of inflammation, or swelling in the liver, avoid every thing both external and internal that may overheat you, and overload your nerves with electricity, for this will always in-

erease the eurrent of the blood and the beat of the pulse, and bring you in for one or other of these disorders, or at the very least for a smart fever of more or less duration, aceording to the force of the eauses and the strength of your constitution to resist them.

Secrets respecting Bilious and Liver Diseases.

Diseases of the liver are very insidious, and will lurk about you for months, and years, most mysteriously masked, without ever showing themselves in their true colours. At one time you will be led to imagine that your disorder is wholly in the head; at another you will lay all the blame on the stomach; and at another you will believe yourself attaeked with a violent lumbago, or a severe fit of rheumatism in the shoulder, and all the while your pains and disorders may arise solely from the state of the liver, though it remains quiet, and sends not forth the slightest signal of distress. Even the most skilful doetors are often deceived by these feints and sham attaeks, if we may be allowed to call them so; and after they have been drawn off from the point of danger, by this insidious generalship of the liver, combating a headaehe to day, a rheumatic shoulder tomorrow, and a cough for the following month or half-year, the patient dies—the body is opened, the head, the shoulders, the stomaeh, &c., are all found to be as healthy as possible; but the liver, where there had been no apparent disorder, is found gorged and swollen, full of abseesses, erammed with the sort of worms called *hydatids*, or unnaturally hardened or inflamed.

All this happens to thousands every day. There is not one who reads this that cannot muster some similar ease from his own knowledge, or from among his friends and acquaintance. The doetors are nonplussed, and if they are not very cautious their skill is found to be at fault, and their drugs either useless or hurtful. To prevent such fatal mistakes, we shall try to give you a key to some of the very singular and almost unaecountable effects produced by disorders of the liver and of the bile.

We explain the whole mystery by the law of eompanionship; the doctors formerly talked of sympathy, but having been laughed out of it, they now think proper, by way of putting a good face on the matter, to laugh at it themselves. We say, then, that different parts of the body share effects by eompanionship; that is, if one part is burdened, its companion takes a share of the load: if the head aches for example, the stomaeh is ready to make a diversion for its relief by beeoming siek. The mind, aceordingly, where the feeling resides, is directed to two quarters at the same instant, and feels only half the evil in eonsequence of this division.

It is one of the standing laws of this companionship among the members of the body, that in proportion to the importance of a member its circle of companions is the more extensive and numerous. The stomach accordingly, and the heart, have more companions than the spleen or the sweet-bread. The liver, therefore, with which we are now chiefly concerned, being an important organ of the body, in so far as no food can be digested and no fresh blood manufactured without a supply of healthy bile, has many important companions, such as the stomach, the bowels, the lungs, and the head.

How it has happened that the right shoulder is so constant a companion of the liver is of no use to inquire. It is enough for us to know the fact, that when the liver is deranged, its companion the right shoulder usually partakes of the pain more than the liver itself, and puts on all the appearance of rheumatism. Nay, frequently, the liver is easy enough, though dull, sluggish, and unwilling or unable to manufacture its due quantity of bile, when the right shoulder and the parts about it are severely affected with pain. Bear this in mind, then, as a grand secret, that when there is pain in the right shoulder, you may be almost certain that there is something seriously wrong with the liver or the bile.

Watch also in what manner you can lie most easily in bed. If you are more easy on your left side, and dislike to turn to the right, though you feel no positive pain, nor can tell why you prefer the left to the right, you may strongly suspect that your liver is disordered. If, with this preference for lying on the right side, you have a bad taste in your mouth on getting out of bed, if your tongue be foul, with white or brown fur, if you be either too confined or too open in your bowels, if your skin be sallow, pale, and bloodless, if you have pains in various parts of the body, such as about the ribs, or in the arms and legs, but above all, if you are drowsy, listless, languid, spiritless, and careless about the world and its business, you may be assured that your liver is wrong, and you cannot too soon set about restoring it to health, as we shall now faithfully direct you according to our experience.

In no disease has medicines more sovereign power than diseases of the liver and of the bile; though in none are they more abused. The regulation of diet with proper exercise, is an admirable preventive of such complaints, but these will seldom remove them without medicine, at least if they have been of long standing, and, as we have already explained to you, it is seldom easy to say how long a liver complaint has been brewing in the constitution. In some of our former articles we have given ex-

cellent prescriptions, such as the alterative bilious pills, page 191, the aperient pills, page 421. The blue pill indeed, in one form or other, ought always to have a fair trial, and the two antibilious herbs, fumitory and dandelion, the first recommended by the great Cullen, and the latter by Pemberton, Wilson Philip, Sir A. Cooper, Dr. Good, and others.

The following we have taken ourselves, (for doctors as well as others have their livers sometimes deranged,) and have found it excellent.

Herb Draught for the Bilious.

Take half a tea cupful of decoction of fumitory,
same quantity of decoction of dandelion,
two tea spoonfuls of tincture of rhubarb and gentian.

Mix, for a draught to be taken night and morning, along with a single grain of blue pill.

We can pledge ourselves most strongly from long experience, for the efficacy of this course if it is regularly persisted in; but if it is only taken as the fancy of the patient inclines, it cannot succeed. Should it open the bowels too much, diminish the tincture, and also the blue pill one half. Not fewer than one or two dozen leeches over the liver, followed by a blister, are very powerful in bad cases.

To complete the cure, and establish the health in youthful freshness, we can recommend you nothing half so powerful as training—steady and rigid training, which we have reason to know has restored many a shattered constitution, and invigorated many a weak, nervous, and desponding patient, since we had the honour to recommend it to the public, as a common-sense substitute for the quackeries so often practised on the invalid community. In training, all is open and plain to the simplest understanding; no secret medicine to buy at a monopoly rack price—no visits of physicians nor draughts from apothecaries to be paid for—no under-hand traffic in quack letters, and tonic wine. The butcher, the biscuit-baker, and the ale brewer, are your druggists, and the rules laid down by Barclay, Jackson, and in this little work are your physicians. Abide by these, and you need not fear of dying of inflammation of the liver, or an attack of bile.

⁂ We shall in subsequent articles see the effects of bile in tanning the skin and spoiling beauty, and also another dangerous form of bilious disease chiefly prevalent in autumn.

King Solomon's advice to Gourmands.

As we profess to be wise in all things that relate to the "feast of reason," meaning thereby braised turkey, fat venison, Scots

haggis, Champaigne, and Glasgow punch, we cordially agree with the wise of the times of old, and particularly with king Solomon, who saith truly, "that every man should eat and drink and enjoy the good of his labour: it is the gift of God *." Now mark well, the royal preacher does not here denounce eating and drinking, as "vanity and vexation of spirit;" nor could he have done so with any plausibility, seeing that they are appointed for the nourishment and delectation of the body. Solomon, indeed, must be acknowledged to be the father of good living and gourmanderie; and all who are wise, ought to follow his illustrious example, and his scientific precepts, which we cannot too strongly recommend to our readers. Let us then "eat, drink, and be merry," while the summer sun shines gladly, and the summer fields have put on the blithe looks of a holiday.

You will have no cause to regret the Christmas wassail bowl, and all the glorious dinners of that rich season of feasting: no, not even the ample surloin, nor the national plumb-pudding, if you catch the minute as it flies, and take time by the fore-lock, by gratifying your appetite with all the good things in season. Follow nature—follow reason—or, in other words, please your taste, according to the scientific principles acted upon by Solomon, and laid down in this work, and we pronounce that you will be in the way of well-doing, whatever may be said to the contrary by the meagre, sallow-skinned, priest-ridden fanatic, who libels his Creator by calling himself a worm, and the fertile earth a dung-hill. And what, we ask, does this blasphemer of nature's bounties say to juicy strawberries, elysian pine apples, and all the rich abundance of "fruit trees yielding fruit after their kind?" Surely the giver of all good designed these to be tasted—to be enjoyed—to be rolled as a sweet morsel under the tongue—to be paused over, and to be praised—or if not, why are there strawberries, and pine-apples, and "pleasant fruits?" We say then to the courteous reader, in the inspired words of Solomon, "Go thy way, eat thy bread with joy, and drink thy wine with a merry heart †."

This wise precept we shall follow to the letter, and we counsel you to do so likewise. The wisdom of Solomon's advice consists, as you may see, in the *joy* and the *mirth*—the best digestives of dainties that have yet been invented. A morose, melancholy, jib-cat-looking bachelor, or a testy, fidgetty, cat-fancying, and parrot-feeding, old maid, cannot digest even plain custard, or a cold muffin, and could as soon find out the perpetual motion, as enjoy or digest the tit-bits of a haunch of

* Ecclesiastes, ch. iii. v. 13. † Ecclesiastes, ch. ix. v. 7.

venison, or the ambrosial flavour of a pine-apple*. It is your blithe, fresh, laughing lady, and her jolly and humourous lord; the rosy-cheeked damsel, and the merry-eyed youth, who can sit down to the feast of reason with a nosegay of heart's-ease in their bosom, and with

> Quips and cranks, and wreathed smiles,
> Such as dwell on Hebe's cheek,
> And love to play in dimple sleek†;—

can crack a joke on every dish—sport a pun, invent an anecdote, parry a repartee, bandy a bon mot, or travesty a scrap of poetry:—such are your true gourmands of nature's making; and such we can also make by art—by the rules we mean which we are laying down in this work for scientific good-living, and the increase of health and long life. In the mean time, till we have leisure to pen the learned commentary, which we have long meditated on the sensible and celebrated maxim of "laugh and be fat"—we advise you as you value your life, your health, and your pleasure, to eat with joy, and drink with a merry heart.—As a codicil to this golden rule of king Solomon's, we shall give you a few

Whets for Summer Feasting.

It is a harder thing you know to sharpen the appetite in hot summer weather, than in the keen, clear, and bracing frosts of Christmas and old January. We beg pardon of the laurelled shade of Shakspeare, when we hint the possibility of "holding fire in the hand by thinking on the frosty Caucasus;" but unless one of Dr. Alderson's ghosts, (see page 389,) should make us "heave and sweat with an imagination's weight," and so long as the fancy is free, bounding, and brilliant as if it were about to clear the crystal walls of Paradise—we think it both possible and practical to cool, in some degree at least, the sultry air and the summer sun, by the aid of fancy and of her pretty sister—Association.

King Solomon thought so, Pliny the younger thought so—so thinks Lady E. Conyngham, and so think we. The grand principle of whetting the appetite and creating hunger, is, you know, the scientific application of cold, according as we have taught you on divers occasions, (pages 103 and 167,) for the purpose of shutting up the pores of the stomach, thereby making the digestive fluid eager to escape from its confinement, and consequently putting forth signals of distress, or in other words clamouring for food. Now if you cannot procure actual cold—fancy and association will lend you able assistance, if you only fur-

* This we shall illustrate at large in our article on the Diseases of the Unmarried State.

† Milton's L'Allegro.

nish them with hints. But before you think of the hints, as a substitute, secure the principal if you can. Have your breakfast-parlour and your dining-room supplied with a fine fresh current of cool air, by a pipe laid from the surface of the water, in your pump-well, and discharging its refreshing and delicious stream from the ceiling, while another pipe carries off the heated gases that might otherwise accumulate and corrupt in the apartment. Were we not afraid of the accusation of over-refinement in luxury, we should also advise you to have your rooms sprinkled with rose and orange-flower water, as is done in the East, in order to procure a cool and fragrant evaporation. We only throw out this as a hint to be improved upon.

If you cannot procure water cold enough for the ablutions we have formerly recommended as whets (pages 103 and 167), we shall now give you an excellent receipt for a

Refreshing Lotion.

Put a few drops of any fragrant essence, into
a phial of rectified ether.
Mix, and keep closely stopped for use.

Before or during dinner, according as you feel the oppression of heat or the want of appetite, which is a never failing consequence of heat, have your phial ready, pour a little of it into your palm, and moisten with it your forehead and temples, and your face also if you so please. This will give the whole body a most delicious and refreshing coolness, and, of course, it will whet the appetite into keen hunger. In this manner, indeed, you can cool down any part of your body, by repeating the lotion, almost as low as the freezing point, and (what is the grand merit of the thing) it is not only free from all danger, but a powerful invigorator of health, provided always that there be too much heat present in the body ; if the body be cold it would not be beneficial ; but in that case you would not think of it. If you cool the stomach with ices, or cold liquors, you may endanger your life, by condensing and destroying the nerves ; but our refresher will, to a certainty, improve your health, your strength, and your appetite. It is a pity that it is so expensive, otherwise it might become a common article of comfort both in hot weather and in hot rooms, and assemblies during winter. It is also an elegant preparation, and requires no drying, as it instantly disappears, and will dry up and carry off the most profuse perspiration, and along with it all your superabundant heat and electricity.

We shall not stop at present to enter our caveat for the summer against hot high-seasoned soups and sauces, strong wines, brandy, and distilled liquors. Those who choose to

charge themselves in this way with electricity, and run the risk of bilious fevers, jaundice, headache, diarrhœa, and the bankruptcy of all their remaining stock of nerves and appetite, cannot blame us for neglecting to give them serious warning of their danger. We must now draw upon the rich bank of association for a few

Cooling Hints for Hot Weather.

We know nothing better than gardens and green fields for producing refreshing fancies and cooling associations, except the gush of fountains, the sound of running waters, or the bye-play of a jet d'eau. The whistle of the mountain breeze is not to be procured by art, and must be given up. But this is the principle, and we infer that though your apartments may not be one degree cooler for commanding a view of any, or all of these, yet as they will give fine cooling hints to your fancy, you will actually feel twenty degrees cooler than if you were mewed up from all prospect of what Leigh Hunt calls "the summer's greenery." Above all things then, if you are annoyed and debilitated with heat, have a garden or a fountain within sight of your house, to supply hints to your fancy, and whenever you can conveniently manage it, have all your meals in the open air, with nothing above you but the umbrage of trees, or the embowering arch of an alcove.

Solomon was well acquainted with the luxury of this, when he went "down into his garden, to the beds of spices, to feed in the gardens, and to gather lilies *;" and well was his spouse aware of his habits of enjoyment, when she says, "Let my beloved come into his garden, and eat his pleasant fruits †." Ah! happy Solomon! how we do envy thee, though we do so in all the pure and sinless spirit of genuine gourmandise! How we should have delighted to feast for a long summer's day by thy "fountain of gardens, thy well of living waters, and streams from Lebanon ‡."

The orientals know much better than we the utility of those delicious accessaries to summer comfort, and elysian luxury. Listen to the description of a Grecian fountain by Lord Byron, and say, whether you do not, according to our principles, feel the cooler for the associations it awakens :—

'Twas sweet of yore to see it play,
And chase the sultriness of day;
As springing high, the silver dew
In whirls fantastically flew,
And flung luxurious coolness round
The air, and verdure o'er the ground:
'Twas sweet, when cloudless stars were bright,
To view the wave of watery light,
And hear its melody by night. GIAOUR.

* Solomon's Song, chap. vi. verse 2.
† Ibid. chap. iv. verse 16.—‡ Ibid. chap. iv. verse 15.

Along with the luxury of "feeding," like Solomon, "among the lilies," now is your time to give up heating madeira, sherry, and port, and betake yourself to that richest of all cooling and refreshing liquors, Glasgow punch, prepared as has been above directed (page 236.) by our friend, the punch-maker general of Glasgow. Even the sherbet of the East is not to be compared with this genuine balm of life and grand preventive of all heating and inflammatory diseases. But be careful of the proportions; for if you exceed in the rum we cannot guarantee the health of the liver and the bile, which are always first to suffer from our imprudent and unscientific indulgence. By the proportions laid down, and now always rigidly adhered to in OUR club punchifications, you may drink and be merry, laugh and be fat, keep your youth fresh till the green age of 120, and fall asleep at last without feeling the pangs of death. We have a notion that Solomon was acquainted with this princely liquor, and refers to it perhaps when he says, it "goeth down sweetly, causing the lips of those that are asleep to speak." As lovers of punch, we may be allowed then to conclude with Milton :—

> These delights if thou canst give,
> Punch, with thee we mean to live *.

Economy of the Larder. By Mr. Colburn's Housekeeper.

You must first be a philosopher before you can be an economist. You must take lessons on chemistry, and all the ologies, to learn the qualities and changes, natural, accidental, and incidental, to fish, flesh, and fowl, as well as to roots, fruits, and green vegetables, or you can never know how to steer your course in the market, nor to superintend the important concerns of preserving every thing fresh and sweet in your larder. We shall be merciful to you, however, if you have been but indifferent scholars in the ologies, and, if we can, shall make our directions as plain as one of old Joe Miller's jests, even though we do take you ancle deep into the pool of philosophy. We shall first go on then to the profound science of pneumatics, or the philosophy of the air.

In order to have your things sweet and good, your larder ought to have a free current of air streaming through it at all times, for if the air ever stagnate, the least corrupt particle of meat or vegetable that is suspended in it will become like a bluebottle fly, a ready instrument of its own propagation, and may soon corrupt and spoil half the things you have stored. If you

* MS. copy of L'Allegro, penes John Douglas, Fellow of the Glasgow Punch Club, in the hand-writing of the Chaplain, and set to music by J. S. Knowles, Esq.

cannot therefore have a stream of air from opposite windows, you must procure it by means of a flue from the outside. Your meat should not on any account be exposed to what the chemists term calorification, and consequently the larder must be sheltered from the sun, and in order to have an equable heat we should recommend a northern situation.

When you have not a proper place for a larder in your house, as often happens in modern town-houses, you should procure a hanging-safe, and put it up in an airy situation. Joints of meat may and ought, in general, to be exposed, as we have just directed, in the larder or safe, to currents of air, till their tough parts have become tender, which they cannot be without this process of hanging. We have an easier or at least a shorter way of managing game or poultry, by which these can be prepared for the kitchen, when any emergency requires their especial presence—namely, to lay them when fresh killed in a heap of wheat, when they will become tender and palatable in about forty-eight hours.

In the case of game, when the weather is very warm, it is an excellent device to put a stopper of charcoal in the vent, with a string tied tightly round the neck. It is the property of charcoal to take up all putrid matter, as a sponge takes up water, and by taking advantage of this property you may always preserve your meat sweet though it be almost dissolving by keeping. The same valuable property of charcoal may be turned to good advantage in cooking meat a little tainted, which being boiled along with some charcoal, will be rendered not only sweet and wholesome, but it will be more tender, and therefore more digestible than if it had from the first been free from taint. It is quite a vulgar error, indeed, that tainted meat is unwholesome, for the stomach has the power of rendering even the most putrid meat almost instantly sweet, as was proved by the ingenious experiments of Dr. Fordyce and Mr. Stark.

Another secret worth knowing is, that when meat is tainted in an extreme degree, and which we have now shewn you is not unwholesome, that you may at once destroy its unpleasant flavour and odour by washing it first in cold water, then in strong camomile tea, afterwards sprinkling it with salt and pepper, and it will be fit to be dressed on the following day.

The new discovery of the pyroligneous acid may also be advantageously employed in the larder for preserving meat, and also for recovering what has become tainted. It is best applied to the meat by means of a brush, or the meat may be plunged into it for a few seconds. In this way you may keep cutlets, kidneys, liver, and rabbits, as long as you please, as fresh as on

the day when they were procured from the market. You know that smoked provisions will keep as long as it is desired, while those merely dried in a stove will not. The reason is, that the smoke contains the pyroligneous acid, or vinegar and oil of wood, whose preservative properties are so remarkable *. Keeping meat immersed in molasses has also the effect of preserving it as long as you please.

Treatment of Indigestion. By Dr. Wilson Philip.

We find it remarked in one of the Professional Reviews, and we partly agree with the remarker, that Dr. Wilson Philip, as a practitioner, exhibits a most striking contrast when compared with many of those who are at present celebrated. His practice is almost uniformly mild, alterative, and what would be called timid, the merits and demerits of which we mean to expose fully in our forthcoming article on the humbug of doing nothing. He never ventures upon strong, or headstrong measures. To do something which will appear to his patients striking, by violent or sudden effects on the system, and either cure, greatly debilitate, or produce death, he has not the hardihood nor the rashness to attempt. He would rather work slowly, cautiously, and surely—foiling his enemy by husbanding his strength, and tiring him out by steady persevering efforts, than by hitting right and left, at hap-hazard, and run the chance of altogether missing his aim in crushing the disease, while he might in the mean time kill the patient. His maxim is, that if his small doses do little good, that little is permanent, and they can seldom do much injury; which cannot be said of many of the strong medicines which are now in fashion. To keep this medium, between rashness and timidity, is certainly the most judicious line of conduct, and we therefore think that we cannot present our readers with any thing more worthy of attention than his mode of treating indigestion.

Dr. Wilson Philip has had the sagacity to see the great power of training in the cure of indigestion, and accordingly we find him recommending a course of diet and exercise agreeing very nearly with the rules laid down in this work; though it is remarkable that he no where expressly mentions it, from fear perhaps of rousing the prejudices of his patients, many of whom are, of course, enemies to the fancy. The training diet and exercise then are an indispensable part of Dr. Philip's treatment of this obstinate complaint. His medical treatment agrees also

* The Pyroligneous acid is manufactured by Beaufoy and Co., South Lambeth, London, and may be had of every chemist and druggist under the Latin name of "Acidum Aceticum fortius."

in many things with what we have recommended (pages 351 and 420), particularly in advising bitters, alkalies, &c. He has also prescribed blue-pill, but in doses very different from the common Abernethian ones, recommending a grain, or half a grain, twice or thrice a day, along with dandelion and other bitters. Among his other medicines we find him recommending the following as excellent for removing the feverish heat often accompanying this complaint :—

Dr. W. Philip's Cooling Mixture for Feverish Heat.

Dissolve ten grains of nitrate of potass in
an ounce and a half of water, add
two tea-spoonfuls of gum arabic mucilage.

Mix, and take three times a day; or every hour or two hours when the hands or feet become hot and burning. This is also good in gravel.

This is certainly a valuable remedy in all those disagreeable flushings and heats so common in indigestion and nervous complaints. When there is much languor, restlessness, and nervous irritation with shifting rheumatic pains and melancholy, and low spirits, he prescribes the

Soothing Powder.

Take a drachm of ipecacuan in powder,
a drachm of powdered opium,
an ounce of sulphate of potass in powder.

Mix accurately in a mortar, and take five, ten, or fifteen grains of it, as you require it, in honey or jelly, and drink nothing for an hour and a half after. If it produce any nausea suck an orange, or take some raspberry vinegar in a little water.

When the patient is troubled with weakening perspirations, either over the whole body or in the hands and feet, one of the best and safest means of checking it is the following

Strengthening Draught.

Take twenty drops of aromatic sulphuric acid,
an ale glassful of cold soft water.

Mix, and drink it through a quill or glass tube, as it is apt to set the teeth on edge. It may be taken four times a day.

*** In our next we shall give the new French practice of M. Broussais in indigestion, which has met with extraordinary success on the Continent.

Desk Diseases, as contracted in Counting-Houses, Libraries, and Public Offices. No. 7.

The long continuance in a sitting posture we have already in many instances seen to be productive of disorders, from its preventing or obstructing the return of the blood from the lower

parts of the body to the liver, the heart, and the lungs. This, of course, acts injuriously on all the parts of the body in companionship with these, as we have just explained above (page 454); and the stomach, the head, and the nerves, all suffer in this secondary way. There are besides these secondary disorders, which are often distressing enough, some very troublesome direct complaints, that take their rise immediately from the obstruction of the blood by the business of the desk. Among these by far the most troublesome are the different sorts of piles, or *hemorrhoids*, as those who deal in Greek delight to call them. The meaning of this Greek term is "blood-springs," as the piles either discharge blood, in which case they are called the bloody piles, or are a consequence of blood stagnating in the vessels, and are then called blind piles. We shall therefore give you a plain account of both.

Causes and Symptoms of Piles.

A large proportion of all the blood in the body is continually jetted by the heart to the bowels, and the lower extremities. Now, unless the whole of this blood return as speedily and freely as it flowed thither, it must perforce stagnate and accumulate, and produce disorder. You have also been repeatedly instructed in the principle (see pages 181 and 215.) that the more you exercise or lay stress upon any member you drive to it a greater supply of blood. In the stronger parts of the body, such as the arms, this increase of blood usually gives additional strength, but in the weaker parts it is certain to overcome them, and produce inflammation and other disorders.

Apply these principles to the case of piles. A person employed much at the desk not only obstructs the free return of the blood from the bowels and lower extremities, but he drives too much blood to the parts which are, as we may say, continually exerted and on the stretch, namely, those about the seat and fundament. Now, as the termination of the intestine, absurdly called by surgeons the *rectum* *, is the weakest part in the vicinity, it is overpowered by the superabundance of blood, which either swells out the veins, or bursts them. In the latter case the blood which escapes from the veins frequently does not get through the skin, but is confined, and forms swellings: when it does get through the skin it forms what are called the bleeding piles; and the blood lost in this way is sometimes almost incredible—Lieutaud mentions a person who lost three quarts in about two days; Panaroli tells a more extraordinary

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+ *Rectum* is Latin for "straight;" but this gut, so far from being straight, is, in fact, as crooked as it can be!!! What crook-witted fellows the doctors are!

story of a Spanish nobleman, who lost a pint of blood from the bleeding piles every day for four years! The bleeding is sometimes fatal, as happened to two celebrated men, Copernicus, the astronomer, and Arius, the founder of the religious sect called Arians, who died from bleeding piles.

You may understand from the principles just laid down how much riding may occasion piles by the stress on the fundament, causing too great a flow of blood to the rectum; and how much walking will do the same, by sending more blood to the lower extremities than can be freely and fully returned. Aloetic purgatives, such as Anderson's pills, cause piles for the same reason. All obstructive diseases in the liver and bowels will also prevent the return of the blood, and give rise to piles, and hence piles are common with pregnant women; above all, costiveness; for the hardened fæces which collect and accumulate in the bowels press upon the veins, and obstruct the return of the blood. This evil is increased also by deficiency of bile; for when the liver has not a full supply of blood it has not sufficient materials from which to manufacture a due portion of bile; and without a sufficient quantity of bile digestion is retarded, and the bowels become costive.

The first sign of piles is a dull, peculiar, and sometimes very distressing pain about the fundament, felt more particularly when at stool, or in case of occasional costiveness. At first you may perhaps take little notice of this, till the pain increase so much in severity and frequency that you are compelled to attend to it. You may now perhaps remark one, or a number of little tumours of various shapes and sizes, from that of a wart, or the end of your finger, to that of an egg. These are caused, as we have said, by obstructed blood swelling out the veins, or escaped from the veins, and swelling out the skin. Sometimes they are discoloured when the blood is near the surface, and shines through the membranes; at other times they are pale when the blood is deeper seated. In some cases they burst from very trifling causes, and discharge great quantities of blood. Besides these symptoms of piles, the head is usually affected with pain and giddiness, there is nausea of the stomach, and pains in the loins.

Vulgar Errors respecting Piles.

Some physicians—very ignorant themselves, as physicians will often be, and being unable to comprehend the nature of piles, simple as the subject may seem—have concluded that piles, and particularly the bleeding piles, are very beneficial to health, and ought therefore to be borne with and encouraged rather than cured. This is precisely the same absurdity as that

which we exposed above (page 306), concerning gout. As it respects piles, the error proceeds upon a principle which we shall now explain.

In all diseases of long standing, particularly when these are attended by discharges of blood or matter, the constitution becomes accustomed to them, and it is not always safe to break in upon an old habit by any sudden or violent measure. Accordingly it is always unsafe to cure an old sore, or to drive in an eruption suddenly, as this proceeding may bring on colic, cramps in the stomach, palsy, &c. In the same way, if piles are of long standing, and the system has become accustomed to them, and the painful irritation or the discharges have grown into a habit, the cure must not be attempted suddenly but gradually. This, however, is far from establishing the doctrine that piles are good for the health, and ought not to be interfered with. You might as well say, that a habit of drunkenness is salutary, and ought not to be cured, because the drunkard is for the time in good health, and his stomach craves for liquor, and is uneasy without it. Although therefore the system may not be the better for the sudden removal of piles, the painful stimulus or the discharges of which it has become accustomed to, no more than the stomach would be the better for the sudden deprivation of an accustomed potation of strong liquor ; yet the cure of what is usually so distressing, and where there are discharges, so weakening, a complaint as piles, ought to be set about gradually and steadily.

It would be unfair also to the advocates of the vulgar error, that piles are salutary, to mention that a discharge of blood from them has often relieved gout, rheumatism, asthma, colics, and inflammatory fevers, in the same way as cupping or leeching would prove beneficial in the same. But this is a mere accidental occurrence ; nay, perhaps the piles may be one of the consequences of the disorder for which they are preposterously said to be beneficial. If the bleeding piles return once a month or so, as is often the case, it requires still greater caution to stop them.

Treatment of Piles.

The first thing to be done is to discover the cause which has either sent to the fundament an undue quantity of blood, or which has obstructed its return to the heart, or both ;—and the causes being discovered, they ought to be removed or avoided. The continual sitting at the desk cannot, of course, be in many cases dispensed with ; but the stool or chair ought to be well cushioned, as a hard seat will occasion more pressure, and consequently a greater rush of blood to the parts. At intervals of

leisure, lying in a recumbent posture on a sofa will aid the return of the blood. Above all, the bowels ought to be kept regularly open, but no medicine in which there is aloes ought to be taken for that purpose. Dinner pills, Anderson's pills, all quack antibilious pills, &c. are therefore improper. Where there is much costiveness we recommend the following

Opening Pills for Slow Bowels.

Take twenty grains of the stomachic pills (page 422),
thirty grains of blue pill mass,
ten grains of extract of colocynth.

Mix, and divide into one dozen pills, one or two for a dose, at bed time, occasionally.

If the costiveness is less obstinate, the best opening medicine which has hitherto been discovered is sulphur. We recommend the sulphur combined as in the

Laxative for Piles.

Take one ounce of flowers of sulphur,
half an ounce of cream of tartar,
a sufficient quantity of honey to form
an electuary.

Mix, and take a tea spoonful thrice a day. It will very much improve it to add twenty drops of balsam of copaiva to every dose, according to the practice of the celebrated Dr. Cullen.

The best external application which has hitherto been discovered for piles of old standing, is Ward's paste (see p. 204), or, as it is now called by chemists, the compound confection of pepper. When the piles are painful and inflamed, add two or three tea spoonfuls of laudanum to a tea cupful of warm milk, soak a sponge with it, and apply it to the parts; or a common poultice, with a tea spoonful of laudanum to it, will give great relief. An excellent remedy for the pain of the piles is the

Emollient Bougie.

Take a roll of cotton the thickness of the finger,
a quantity of butter of chocolate,
a very little spermaceti ointment.

Roll the cotton in these, in form of a cone or a cylinder, and introduce it into the rectum. It will be found to be exquisitely mild.

In all cases where there is much hardness, inflammatory heat, and irritation, half-a-dozen or a dozen of leeches ought to be applied around the fundament, and followed by a common poultice. After the irritation is allayed, injections of cold water or a weak solution of sulphate of zinc will tend to strengthen the parts.

Some surgeons have advised cutting off the tumours by the

scissors, or by a ligature, but both these have in many cases produced convulsions, and even death itself.

The diet should chiefly consist of opening and cooling substances, avoiding red meats. After the piles are got under, however, training diet will tend to prevent a relapse.

⁂ Desk Diseases will be continued.

Economy in the Use of Hops. By Dr. A. W. Ives.

Modern research is every day bringing to light new and valuable facts, and we make it a point of duty to bring the most useful of these before our readers. The extensive family use of hops in home-brewing, and the usual high price in the market, renders it of importance to know the properties of the article. We are, therefore, greatly indebted to Dr. Ives, of New York, who informs us that he has discovered the part of the hop, in which all the useful qualities reside, the rest being mere refuse.

The hop has two sorts of flowers, the male and the female, which grow on different plants. It is the female flowers or cones, or catkins, as they are sometimes called, which are alone used in brewing. The male plant is called the wild hop. The hops are composed of scales of a plain greenish colour, and rolled in at the base. Dr. Ives informs us, that he finds the base of these scales or leaves covered by a very delicate shining yellow grain, of a golden lustre, falling into a powder, impalpable to the touch, and of a pleasant aromatic smell. This golden powder, Dr. Ives found to be so abundant, as to form about a sixth part of the gross weight of the hops as brought to market.

In this powder our informant also ascertained that the whole value of the hop resides, the leaves, themselves, being quite inert and useless. He says that this powder is usually neglected or thrown away by the brewers, who are not aware of its value. We cannot speak to this, but if it is so, the error cannot be too soon corrected. This valuable powder, which is now known to chemists by the name of *lupuline*, is easily separated by threshing and sifting from the useless leaves of the hops. Six pounds of hops from the market ought, on an average, to produce one pound of lupuline, and this will go nearly a fourth farther in brewing than using hops in the gross.—The discovery of Dr. Ives will give us an

Infallible Test of the Value of Hops.

This is of very great importance, both to brewers and to families who brew their own beer, and may, if they are careful, save them many a pound on the purchase of the article. If you look

into any of the books on brewing, you will see how much at a loss they are for a test of the value of hops. "They must be chosen," says one, "by their bright green colour, sweet smell, and clamminess when rubbed in the hand." "Rub," says another, "a few hop pods strongly in the palm of the hand, and if they are good, an oily, rich, or resinous substance will be perceptible, accompanied by a most fragrant smell. The friction should produce a quantity of fine yellow dust, called by the trade, *condition*, in which the richness of the hop, in part, consists, as does its strength in the oily or resinous substance." This is a little nearer the mark, but still, the error is great, and might mislead the buyer into very improper purchases.

The only test of course, is, that the powder described so accurately by Dr. Ives, should be abundant, constituting about a sixth of the gross weight, and it should be of a clear bright golden colour.

⁂ We shall attend farther to the subject of Hops, and the best substitutes for them.

Scots Hotch Potch. By Mrs. Janet Pringle, one of the Ayrshire Legatees.

We give great credit to the worthy lady who has furnished us with the following receipt for Scots hotch potch. Dr. Kitchener was quite "bathed in delight," when he set his eyes upon it, or rather, we should say, his spectacles, and chuckled over it with almost as much glee as when he had the honour of making the first night-cap for his Tewhadiddle club, and thereby secured the clubbers who guzzled the same, to puff his book, as in duty bound to their lord and master *. Mrs. Pringle's receipt, indeed, was so much above the doctor's fancy, which at best is a sort of mongrel concern, hoodwinked in spectacles—that it was with some difficulty we could restrain him from performing a pirouette in defiance of his doctorial gravity. If you ever saw Kitchener in his musical wig, sitting enveloped in the steams of his kitchen, like an owl in a fog, you could not imagine, without a pair of his own magic goggles, how the man could ever dream of venturing on a jig or a pirouette. But Kitchiner, you know is a bit of an eccentric in his own small way—a little babyish or boyish at times—but upon the whole, not such a flat as to have been begotten after a supper of a cheese-pair-

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* See a Tewhadiddle Review of the Doctor's Economy of the Eyes in Croly's Universal Baggage-cart, or as our friend the Etterick shepherd very patly calls it, the Feckless Review.

ing, or he could never have discovered the merits of Mrs. Pringle's hotch potch, to which we shall now have the honour to introduce you.

Mrs. Pringle's Article.

Maister Editore,

Its no to be told, the pleesure I feel in seeing in your buck two or three grand resetts direcking the Englishers how to make our braw sappy Scottish dishes, that I wot weel we need not go to France to see the like of. Now, for an Englisher, you possess a vain of discretion bye common, and I dare say, have more goo than to take your mails at the randevooz of any of the poor feckless creatures in Leester-square, or the Heymarkat*. No doubt, forbye pyking your pockets of the siller, which the feck of you Englishers kno not the valley of, the misleart bodies are doing all in their poor to poison his Majesty's loyal subjects, out of spit for giving them sic hot skins at Spain and Waterloo. Howsomever, the very lucks of the objects, bowing and scraping, and thrawing their meeserable, wee, wan, yello, visages, more like puggies than hooman creatures, are enough and more to frite a gawsy, meat-like and claith-like, John Bull, from koming within arms lenth. O but I would like to see the faces of them, if a sonsy, fat, reeking haggis were set before them!

But no to trubble you more about sic vermint—that was realy a prime artikle of Dominie Sampson's on the haggis†, and could not be mended by the poor of man or woman. My gudeman, the doctor, was dumbfounded at it, and averred that a precious resett like that could by no manner of means be spun out of the revelled brains of such a gomeril as the Dominie. "For moreover," said he, "Jenny, my dear, I have been reading a buck of his life put out by an aulfarren carle lately nighted by the king, and who should therefore be a man of great sponsability, and he makes the Dominie out to be little better nor a haverel."

"But," says I to the doctor, "you know not what great instinct he has gotten since he fell in with that cannie sensible woman widow M'Candlish, to make him her second gudeman."

This the doctor allowed was a most judicious observe. No to be overly particular, I am obligated to make a haggis, according to the Dominie's directions, every Saturday nite, for the doctor's dinner on the sabbath day, between sermons, and though it cannot be denied that it is a sore and trying dish for

* The French and Italian Cooks sport their shops there.

† See Oracle, page 154.

a feckless stomach, it is not to be told with what birr he preaches in the afternoon.

Noo, sir, haggis and hotch potch are no far-away cousins, and that you may no want encouragement to banish from our happy island, all the fushionless trash of French dishes, I'll give you direcksions how to make a mess that the very king on the throne would lick his lips at.

The Receipt.

Into a gallon of water, put a neck of mutton not overly fat, but a judicious mixture of red and white; a chappin, or as you call it in the south, a quart of fresh green pease; two carrots and two turnips grated down, with an onion cut into small pieces. Let these boil for the space of an hour and a half at the very least;—though half an hour to the as good, will do no ill. By this time, you will get the most of the pith or broo of the mutton extracted, and you may then take it out of the pot, but just as you like.

You may then, according to the number of your friends that you expect to their dinner, put in some ribs of lamb, cut wee and nice; one or two for each guest. Let the whole boil another hour after the lamb is put in. About a quarter of an hour before you take your pot off the fire add a mutckin, or, according to English measure, a pint of young pease. Pepper and salt the whole as suits your taste.

If you keep in your neck of mutton, it may be served up in a large ashet*; but be sure not to take out your ribs of lamb, which must be helped out of the tureen along with the hotch potch itself, and eaten therewith.

Hopping you will find the above to your mind, and wishing you a yaup appetite, which is the best sauce for relishing both hotch potch and haggis,

I remain your real well wisher

JANET PRINGLE.

P.S.—You will, no doubt, for the onour of the dish, have the hotch potch tried at the first dinner of your committee. I never yet saw an Englisher who did not say it was as good as plumb-pudding. Even the great Doctor Samuel Johnson himself took care to shovel three large platefuls of it down his graceless craig till his crappin was like to rive, before he thought of libelling it. The lady of the house where he was taking his pot luck, asked him how he liked the hotch potch, when, knitting his great hairy brows, and shaking his grusome, harled phizog, he replied, "Madam, it is very good for hogs." "Then doctor,"

* An oblong plate.

said the lady, with all the archness of a true Scot, "allow me to help YOU to a little more." I trow that was giving it to him on both sides of the haffit—the muckle, menseless, ill faur'd hash that he was.

On Liqueurs, By an Amateur.

Liqueurs follow coffee as naturally as night follows day; and they come like "balmy sleep" after the fatigues of a long dinner, as the tired stomach's "sweet restorers," embalming it with the spicy fragrance of their odour, and strengthening it with the influence of their salutary spirit, while they titilate the palate with their delicious flavour, and produce those pleasures of appetite which are the *ne plus ultra* of tabular enjoyment.

It is a reproach to our country that we possess no liqueurs which deserve the title, unless indeed we elevate to that rank our humble cherry-bounce and raspberry brandy. Of those which we receive from abroad, it would puzzle the garter king at arms to regulate the precedence, each having its peculiar pretension and partisans, :—Kirch-wasser, Dantzic, and Turin, Cinnamon, and Gold waters, and Geneva cordial, are wanted by those who give the preference to strong tonics; Curaçoa, the Elixir of Garus, and the Anisette of Bordeaux, are in request, as more gentle stimulants; while the rarest crêmes—de Moka, d'Arabic, de Mexique, de Rose, de Jasmin, de Mille-fleurs, and d'Orange, the Huile de Venus, and Parfait Amour, find constant advocates among the ladies.

Early old Age, and Ruined Constitutions, with their Causes and Preventives.

You know well, that to save is to gain; to save sixpence a week is to gain twenty-six shillings a year, and if you apply the maxim to the body, to save a certain measure of health and strength every day, is to gain 365 such measures a year. To spend, on the other hand, is to lose; and if you spend your health and strength prodigally and recklessly, you may be certain that old age will come upon you before you have reached even the noon of manhood, and nothing that we can do will bring your constitution back again to its nominal age. To reckon a person's age by the years he has lived, is wrong, palbably wrong, in ninety cases out of a hundred; for a youth of eighteen or twenty may, in one little year, have his constitution brought to the standard of thirty or thirty-five, and a man at this latter age may have a constitution of fifty, or more. As

this is a subject of intense interest to all who wish to preserve their youth, and attain long life, with as little as possible of its attendant frailties, we shall take a glance at the philosophy of the subject, with a view to derive therefrom such practical results as may be useful in preserving the youth of the constitution.

First Hints of Old Age and Decay.

"The blood is the life" certainly, and no part of the body will decay or become old so long as it is supplied with its due proportion of healthy blood. The first certain mark of old age therefore is a failure in the powers of the stomach and the liver to prepare good blood from the food and drink, which is taken for that purpose. When you feel your digestion failing then—sensibly and remarkably failing, you may be certain that old age is approaching, and your constitution losing ground. There is no help for you if your organs cannot manufacture a daily supply of good blood for repairing the wear and tear of the constitution.

Blood, however, you must remark, may be manufactured in abundance by the stomach and liver, and of the freshest and healthiest quality too, and yet may be in a great measure useless, such as when it cannot reach to all parts of the body, in consequence of the blood vessels being obstructed or obliterated. Now this is precisely what happens in old age. The blood vessels become obstructed or obliterated altogether—the parts are consequently deprived of their due nourishment, the wear and tear of the body goes on in the mean time undiminished (see page 356), and of course the unnourished parts shrink and shrivel, as you may observe is the case in all old people. The blood vessels, we may tell you, divide into branches smaller even than a hair, for nourishing the skin, the nerves, the bones, &c. In old people, hundreds and thousands of these hair-like vessels become imperforate, and of course the parts they go to cannot be properly nourished. The bones consequently become smaller, the back bone shorter, the skin loses its transparency and freshness, and the nerves their firmness and tone—all for want of a supply of blood. In such cases, when the smaller blood vessels become obliterated, the larger ones swell with the blood which cannot get vent, and this is the reason why you see old people's veins swell, as on the back part of the hand.

We shall mention a third circumstance. As the blood becomes deficient in supply, or is stopt in its progress by the obliteration of the finer blood vessels, the absorbents (page 357) seem to increase in activity, and to carry off more of the substance of the body than when it was well supplied with

nourishment. You will easily see then that the wasting and decay of the constitution must go on vigorously in such a state of things. In all cases, indeed, when the absorbent vessels carry off more substance from the body than the blood vessels can supply, the signs of old age will inevitably come on. Most of our readers may have remarked striking cases of this description even among young children, whose infant faces will in a few weeks or months, and sometimes even in a few days, in consequence of disease, or what is more frequent—of apothecaries' drugs,—assume the shrivelled look of age and infirmity, and this is for the most part a fatal symptom.

The diminished power of motion is likewise a strong symptom of approaching age, and is caused by the diminished size of the spinal marrow*, from which all the nerves of motion have lately been discovered, by Mr. Charles Bell, to have their origin. We could go on to explain the decay of sight and of hearing, and other sources of enjoyment, but we must reserve these, and go on to some of the causes from which you may derive practical preventives. We shall begin with

Drugging as a Cause of Early Old Age.

Have you ever remarked the countenance of any of your friends on recovering from a course of mercury? If you have not, our strongest language cannot picture to you the haggard look, the hollow eye, the wasted cheek, the bloodless skin, and aged-like features of those, who, in the bloom of youth or the prime of manhood, have been subjected to this infallible destroyer of the constitution. Now mark our words, for they are founded on sure principles and the most ample experience—every dose of medicine you swallow, will do the same; but we say this more particularly of mercury, opium, and antimony. The lancet, as we have seen (pages 29 and 348), is an instrument of deadly power in this way, by carrying off, at once, more of the vital fluid than can be again supplied. The chief drugs, however, that are culpable in producing early decay, and adding from ten to twenty years to the constitution, are calomel and opium; and the infant who is dosed with these in its tender years is certain to have the span of its existence cut short in almost exact proportion to the quantity it takes of apothecaries' powders, quack worm-cakes, or antimonial wine; or soothing syrup, infant's balm, diacodium, and we know not what other poisonous and constitution-destroying trash.

The injury produced by calomel arises from its spurring on the absorbents to take away more of the substance of the body

* See M. Ollivier de la Moelle Epiniére, just published at Paris.

than is supplied by the blood, for this, as we have just seen, is one of the leading causes of old age. Not only so, but calomel will actually impoverish the richest blood, by stirring up all the glands of the system, to rob it of its juices. Calomel in this way jogs the liver to drain off from the blood an undue portion of bile—the kidneys, to drain off an undue portion of urine—the bowels, to drain off an undue portion of mucus—the fountains of the mouth, to drain off an undue portion of saliva, and so on. Accordingly, by the time the blood has passed all these manifold drains, it has, as you may well conceive, but a scanty supply of nourishment behind for the support of the muscles, the nerves, the bones, and other important parts. All this is done by calomel, and its strongest advocate dare not deny it. We say then, without fear of contradiction, that calomel takes off from ten to twenty of the best years of the lives of all who are dosed with it, and that unfortunately amounts to a very alarming proportion of the population of these islands. What murders!—What numerous murders, have physicians and apothecaries to answer for! Slow murders too, by poisons that take months to prove fatal. (See page 343.) If you lose ten years of your constitution in infancy by calomel and other drugs, how, we may ask, can you expect to recover it again in after life * ? Do you ever see any body who is old get young again ?

Next to drugging by calomel and opium, we place sexual abuses of all descriptions, which are the frequent causes, indeed, of bilious, nervous, and liver complaints, as well as consumption, indigestion, &c., not to speak of syphilis, which so often renders calomel indispensable; so that the doctors are in reality not so much to blame in prescribing the drugs as the inconsiderate patients who have rendered them necessary, by ignorant indulgence. As this is a subject of very great importance, we must reserve it for a separate and early article, as well as several other causes of ruined constitution, premature old age, and loss of beauty.

On Strictures and Urinary Irritation.

Delicacy requires that in a popular work like this we should treat of such subjects as the present, so as not to give offence. The task is difficult, but it is indispensible on our part, not to omit such very common and very distressing complaints, the victims of which but too often fall into the hands of unprinci-

* Of the possibility of restoring a ruined constitution we shall soon treat very fully.

pled quacks, who always promise largely, and always end by pocketing some cash, and making the disease worse than they found it. One very strong reason we have for bringing this subject before our family readers is, that unfortunately a strong and widely spread prejudice prevails both in and out of the profession—referring almost every disorder of the urinary organs to vicious indulgences. We say, the prejudice is unfortunate, for it is erroneous and false. There can be no doubt, we think, that from about a third to a half of most urinary disorders may be contracted quite innocently; and our family readers need not be told how deep a wound unfair suspicions may cause in minds the most free from all stain; yet this happens every day.

We shall never forget the case of a fine looking modest young man, who came to the hospital during our studentship with a bad sore throat, violent salivation, and catarrh or mucus discharge from the bladder *. Professor G. never doubted but the young man was under mercurial salivation for his own imprudences, and treated him very roughly, when he repelled with becoming spirit the unjust insinuation. The truth was, the young man was quite innocent, had never taken mercury in his life, and did not require it, for his case was merely a common cold, as Professor G. himself acknowledged in apologising for his rash and unfeeling conduct. The doctors have a very bad rule, derived from old Boerhaave, namely, that when they are puzzled to know a complaint to suppose it venereal, without more ado, and treat it accordingly. Mr. Stanley's puzzle-purgatives (see page 116) are greatly superior to this very common and injurious absurdity.

We do not say that strictures may not have an improper origin, but we affirm that they may and do occur frequently in the innocent. Whatever, indeed, will produce irritation or inflammation in the urinary channels may very innocently obstruct the passage or lay the foundation of a stricture. Sir A. Cooper lately met with a stricture in a child four years old. Irritation, you know, will cause cramp or spasm as in the case of irritation of the nerves causing locked jaw, or a feeling of suffocation during a hysteric fit. In the same way irritation in any part of the urinary channel may cause it to contract and obstruct the passage. This is called spasmodic stricture, and may be relieved, for the most part, by the prescriptions recommended at page 136-7. Sir A. Cooper informs us that he has frequently known this complaint to arise from deep study or any other thing which strongly affected the mind. Indeed we know

* This very common and troublesome disease we shall soon take up in detail.—(See also page 136.)

that it is a common desk disease. It is easily distinguished from the inflammatory sorts by being free from pain. The cold bath is sometimes a successful temporary remedy.

As a state of irritation in the urinary channels may ultimately end in stricture, we advise patients to attend carefully to this. If there be frequent calls to make water, if it is done with pain or heat, and if the size of the stream is diminished or variable it is necessary to remove these symptoms as speedily as possible. If this is not done inflammation may come on, and the consequence of inflammation is to bring an increased flow of blood to the part, which will of course swell and block up the channel, and if the sides of the channel are brought to touch one another, they will, almost to a certainty, grow together, and form a permanent stricture which cannot be cured except by instruments to force it, cut through it, or burn it with caustic—all of which are dreadful enough, but nothing when compared with the impossibility of passing a drop of urine. If left without surgical relief, the urine will accumulate till it bursts through the bladder, &c., and cause mortification and death. Strictures, indeed, often prove fatal in this way, and sometimes by preying on the spirits and undermining the constitution. In treating the irritable state of the urinary channel productive of this dreadful complaint of stricture, change of air, rest, and quiet of mind are very powerful, together with the warm bath, and leeches, or a blister to the perineum. The best medicine is

SIR A. COOPER'S *Mixture for Urinary Irritation.*

Take two ounces of Almond Emulsion,*
an eighth of a grain of oxymuriate of quicksilver
one drachm of the nitrous spirit of Æther,
Mix and take three times a day for a week or ten days.

First Symptoms of Urinary Stricture, with Remedies.

In a disorder so dreadful and often so fatal as this, in which when established advice can do little good, we think it of the utmost importance to give a description of the early stage of attack while it may still be curable by simple means. In truth it very often steals on almost unobserved till it has established itself in a very formidable shape. Most frequently before any pain becomes troublesome, a difficulty of making water is occasionally felt with a diminution in the size and force of the stream. The reason, says Mr. Macilwain (who has just published a very clever little work on strictures)—that the stric-

* This emulsion is made by beating up an ounce of sweet almonds with four drachms of sugar in two pints and a half of rain water, and adding to it two ounces of the mucilage of gum arabic.

ture is not perceived by the patient for some months or even years, is, that in proportion, to the narrowing of the channel, the bladder exerts more power to expel the urine; but as the stricture grows on apace and the channel is nearly blocked up, all the power of the bladder and straining of the muscles, are incapable of overcoming the obstacle. It is remarkable that this straining to make water often produces rupture, before the stricture is even suspected; and yet the straining has been increased so gradually that the individual is partly unconscious of the exertions he has made.

When the stricture is advancing, and has now narrowed the channel considerably, the stream is not only much smaller than natural, but becomes twisted, thready, and often forked. The forking of the stream, indeed, is one of the decided marks of urinary stricture, and we recommend attention to it. Pain is now felt in the bladder from its being distended by the accumulating water, and in all the neighbouring parts from the distressing exertion now continually necessary.

During the whole course of the complaint we may consider it either as a cause or a consequence (for this is not yet determined by the learned) that the unhappy patient is terribly harassed with sensual dreams which are always more or less productive of great weakness, low spirits, melancholy, dislike to society, and despondency, and, these increasing, soon give rise to nervous and wearied pains in the limbs, (page 339) sallow and haggard looks, (see page 475) pimpled face, indigestion, heart-burn, loss of appetite, head-ache, colic, bad breath, &c. The despondency and low spirits (see page 419) in many cases lead even to suicide, or what is equally deplorable, to insanity. We consider this subject of such intense interest that we intend very soon to publish a separate work on it, in which we shall take the liberty of speaking more to the point and in greater detail than we can here do with propriety; yet we should have accused ourselves of neglecting an imperative duty had we passed it by even here.

The treatment of these complaints must of course vary with the symptoms; but so far as the stricture, the urinary irritation, and sensual dreams are concerned, we advise beginning with the warm bath, Sir A. Cooper's mixture, and the leeches, and blister to the perineum, repeated not less than once a week for a month. Mild and cooling diet at first, and afterwards rigid training for two months. If Sir Astley's mixture has no effect, you may try the prescription (page 452) which has lately been found very powerful in checking involuntary discharges in the organs in question. A cool dress, such as linen drawers, Russia

duck trowsers, and sleeping in a cool airy room, on a hair mattress, with few bed clothes, will be found useful. Cold bathing or shower bathing, so frequently recommended, is highly injurious, though it in most cases seems to produce a temporary improvement. It must never be used except when the patient has become a good deal convalescent—then it may help to confirm health. The warm bath, particularly the hip bath and the head bath, (see p. 127) are safe and excellent. We cannot too warmly press the advantage of rigid training; many of our correspondents who had been almost ruined by quack drops, balms, and tonics, have been rescued by this powerful agent from the most desponding state of mind, and from a premature grave. Our publication of the training rules is the most fatal blow that quackery ever received. Courtenay, Goss and Co., Caton, Lynch, and the Tonic wine men may now shut up their shops.

*** These, and other Urinary disorders will be continued

Art of Gymnastic Training Improved, and Applied to Strengthen the Weak and Nervous. No. X.

Although we have now partly completed our *general* directions for training and also its *general* effects on the system, we have still before us the more extensive subject of its particular application to all the different species of diseases and varieties of individual constitution, with modifications of the diet and other circumstances suited to every class of invalids. In the mean time, as an appropriate sequel to what we have said of the general effects of Training on the stomach, the bowels, the liver, the blood, &c. we shall now mention some of the most important.

Effects of Training on the Skin and its Diseases.

The diseases of the skin have always puzzled the doctors and baffled all their drugs—with the exception perhaps of itch, which can always be cured to a certainty by the warm bath, and sulphur ointment. But pimples, whether of the hard, buttony, purple sort, or the little painful tumours, containing white, or yellowish matter; or the kind with little black heads and thick humour, that squeezes out in the form of a small worm, and is vulgarly mistaken for such—all these and most sorts of eruptions, are usually an ass's bridge over which the doctors cannot pass. The quacks are equally non-plussed, and though the old hag, Mrs. Vincent, puffs her Gowland's lotion, and Rowland and Son, their humbug Kalydor, they all end in leaving the patient's purse lighter, and the eruptions or the pimples the same or

worse. We cannot at present, go into all the causes of eruptions on the face; but we have prepared a complete article on the subject, which shall soon be forthcoming, while in the mean time, we shall give you a bit of the philosophy of training in reference to the skin.

It is an old opinion, and we believe, partly a just one—though it is sneered at by our fashionable doctors, as an old woman's prejudice—that the eruptions on the skin, are in some measure caused by foul blood. The blood you know supplies and repairs all the worn out parts of the body and as the skin is much exposed from its situation to extensive tear and wear, if it is not regularly supplied with its portion of pure and healthy blood, the consequence will be blotches, pimples, and all sorts of foul eruptions, directly produced by impure and bad blood; for it is utterly impossible that the skin can remain sound and healthy, while the blood by which its worn parts are daily and hourly repaired, is weak, watery, or loaded with impurities. If the blood accordingly, be thick and foul, you may expect blotches, and buttony pimples; and if it be thin and watery, you may expect eruptions of an itchy watery character.

Now from what we have formerly explained, page 434, with respect to the effects of training on the blood, you must at once see, that it will have a powerfnl effect in producing a healthy state of the skin in so far as the repairs effected by the blood are concerned.

But there is another point of view no less important than this, in which the effects of training on the skin are to be considered. The healthy condition, you are aware, not only of the skin itself, but of the whole body depends on the healthy state of the pores, by which, a large proportion of the waste and refuse of the body escapes in the form of insensible perspiration. Now this refuse that comes to the skin with the intention of obtaining a free passage by the pores, must be stopped there, if the pores are shut or obstructed, and of course an eruption will be the natural consequence, if the refuse, as is often the case, is not carried inwards again by the absorbents, in which case an internal disease will be the result.

We need scarcely go farther in detail; you well know the powerful effect which training has upon the skin, in opening its pores, and bracing it into elasticity of tone. Exercise—the brisk exercise which constitutes so essential a part of training, acts like a charm upon the most harsh, rigid, and obstructed skin, and makes it soft and supple, while the bathing, sponging, and friction, clear away all external impurities.

Such is our philosophy, and we confess that the argument,

and the deductions have been drawn up in a great measure according to the plan, called by Logicians, *a priori*—a very absurd expression, as most Latin phrases are, which are lugged in like this to puzzle a plain reader, and conceal the ignorance of the writer; but as we know nothing at present more pat to our purpose, than this same Logical *a priori*, absurd as it is, we give you free leave to pitch our philosophy of the thing whither you please, while you may content yourself with the simple and undoubted fact that training uniformly and always makes the skin pure and transparent, and is of course the greatest aid to beauty of complexion hitherto discovered. No eruptions, blotches, nor pimples, even those which have baffled all medicine and medical skill, can withstand its powerful influence, but disappear as if by magic. As this is a very interesting fact to many, and particularly to some of our fair readers, we intend in an early page to lay down a modified plan of training adapted solely to ladies for the improvement of beauty.

*** Our next paper on Training will be the first of a series modifying and adapting the rules to individual constitutions and complaints, such as Indigestion, Nervous and Bilious complaints, Gout, Rheumatism, weakening Diseases, &c. &c.

Sunburn.

A pure, delicate, and transparent complexion awakening all the pretty associations of lilies gemmed with dew, and roses breathing their balm in the freshness of a summer morning, sometimes produces in us the unmannerly melancholy of philosophy, and suggests the effects which the sun—all bright and glorious as it is—may speedily have in spotting a fair face with freckles, or embrowning its soft transparency with sunburn, should our young beauty dare to enjoy a summer ramble, or a romp among the tanned hay cocks. Such are all our pleasures. Punishment and pain uniformly follow close upon human delight. It is our lot, and we must submit. A fair lady cannot even exchange a laughing look with the sun, but she must suffer for the innocent frolic. The Spanish poet, Francisco de Borja, gives this very prettily.

Detente, aguarda, presumida rosa,
Y en la piedad de Mayo no confies;
Porque esses hojas, donde aora ries
En el seran tu perdicion hermosa *.

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* Dr. Good has favoured us with the following translation.

Vain glorious rose, thy boast forbear,
Trust not May, though heavenly fair.
Now laugh amid thy leaves—but know
Thy beauteous ruin thence shall flow.

We confess to the eccentricity, however, of liking a little dash of sunburn, or a sprinkling of nice, little, delicate freckles on the brow of beauty. As Lord Byron says of Italy—"thy very weeds are beautiful—thy wreck a glory," so say we of a fair face upon which Apollo has imprinted his summer mark. We are well aware, however, that we are almost as peculiar in this, as Mr. Uvedale Price, in his Essay on the Picturesque, where he lauds the beauty of a squint-eyed damsel—and we bow accordingly to the superior taste of our fair readers, and in order to lay a foundation for the cure, we now proceed to the

Causes of Sunburn.

If you will take the trouble to cast a glance at page 413, where we have sketched the philosophy of freckles, you may learn a few useful things about sunburn, which is sometimes much a-kin to these, and arises from similar causes. We have no doubt, however, that one of the most common causes of sunburn is to be sought for in the superabundance of bile which the heat of summer, as we have seen page 453, so often produces. Whenever, therefore, you are much tanned by the sun, suspect that there is some lurking disorder of the liver or the bile. Observe whether your bowels are disordered, your mouth bad tasted in the morning, your tongue loaded with a white or a brownish crust, and your limbs languid and soon wearied. If you remark any of these symptoms, it will be in vain for you to try any external wash to remove your freckles or sunburn. You must go to the root of the disease at once, for so long as your blood is loaded with the brown matter derived from the bile, although you clear the skin one hour, it will infallibly be freckled or sunburnt the next. For the constitutional treatment we refer you to pages 191, 421, and 455; but as we know that few of our fair readers will be contented with that unless we also prescribe some wash, we refer to page 416 for several excellent cosmetics of this kind, and shall now give one or two more to choose from.

Preventive Wash for Sunburn.

Take two drachms of borax,
one drachm of Roman alum,
one drachm of camphor,
half an ounce of sugar candy,
a pound of ox-gall.

Mix and stir well for ten minutes, or so, and repeat this stirring three or four times a day, for a fortnight, till it appears clear and transparent. Strain through blotting paper and bottle up for use. Wash the face with it every time you go into the sunshine.

Grape Lotion for Sunburn.

Dip a bunch of green grapes in
a basin of water, and then sprinkle it with
alum and salt, powdered and mixed.

Wrap it in paper and bake it under hot ashes. Then express the juice, and wash the face with it, and it will remove sunburn, tan, and freckles.

Lemon Cream for Sunburn and Freckles.

Put two spoonfuls of sweet cream into
half a pint of new milk; squeeze into it
the juice of a lemon; add
half a glass of good brandy, and
a little alum and loaf sugar.

Boil the whole, skim it well, and when cool put it aside for use.

We could easily add twenty more receipts of the same kind, but these, with the directions already given, will, we think, be quite sufficient.

White Veils Injurious to Beauty.

One thing we must not omit, namely, that the white veils now so much worn, have a tendency to increase sunburn and freckles, by their increasing the intensity of the sun's light. They are also very injurious to the eyes, and will, in a short time, spoil the freshness and dim the lustre of the most brilliant eyes. Green is the only colour which should be worn as a summer veil. Recollect that we do not, in this, intend to oppose our philosophy to the influence of fashion; but we only do our duty when we warn our fair readers, that by following the fashion in this, they run the serious risk of injuring the delicacy of their complexion, and of destroying the beauty of their eyes.

*** Our succeeding articles on Beauty will continue to be enriched with the best receipts and most valuable secrets.

Diet and Regimen of the Living Poets.

If you have ever helped to empty a few cool bowls of Glasgow punch—have taken a morning dram of genuine Glenlyvet or Ferintosh—or swallowed a dose of ether—opium—or nitrous oxide, you cannot require our philosophy to tell you how much the flow of the fancy is under the dominion of the stomach. Your cloud-wrapt romancer may storm as he pleases at this degradation of what he calls, the "brightest of sky-born forms;" but it is nevertheless true, and the truth has been confessed too by all the great poets who were great enough to be able to afford a little pulling down, in the same way as a rich man can afford to wear a thread-bare coat, when such a thing would be absolute

ruin to a poor dependant. King Solomon, for example, was a great poet, and he thinks it a glory rather than a degradation to say, "I have eaten my honey-comb with my honey: I have drunk my wine with my milk;"—knowing well the sovereign influence of the stomach upon the highest powers of wisdom. We need not speak of Anacreon and the other noble Greeks, and their jollifications; nor of old Horace, the swigger of Falernian, when we have so many modern examples to prove the incontrovertible maxim, that poetical genius depends chiefly, if not altogether, on diet and drink. Dryden was so convinced of this, that he always took a purgative, and lived on gruel when he was about any thing particular. He had something else, however, (as we have a notion) than this same whoreson gruel in his paunch, when he dashed off Alexander's feast. Burns, you know, fairly begot his own genius over the gill-stoup, and Byron—the lamented and ill-fated Byron—conceived and executed the Giaour and Childe Harold, while "tarrying long at the wine."

This fertile theme was started last night at our Committee dinner, when a strange gentleman, who had been just introduced by Kitchener, as an amateur up to every thing, volunteered to improvisatrize a song on the subject, which we have now the honour to present to you rough and raw as it was sung.

The Strange Gentleman's Song.

In the ages of old, if our fathers spoke true,
Little food passed the grinders of Helicon's crew;
But now times are altered, and poets can chuse,
On what diet they please to be-fatten the muse.

So Southey, the Laureate, the great L.L.D.,
(Who Wat Tyler composed in the year ninety-three,
But his eye-sight by pension being rendered more clear,
Now writes Tory for Murray just four times a year,)

Has scorned the dull drink of mere men to partake,
And with deep draughts of ether, his thirst will he slake *;
Whence his verse is so buoyant and rises so light,
That I warrant 'tis seldom in any one's sight.

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* It is an undoubted fact that Southey spurs up his flagging powers by doses of ether; and it was confessedly under its influence that he *did* the Vision of Judgment. Does not the sublime verse

"To be popt at like pigeons for sixpence a day,"

smack somewhat of the same heavenly liquor? See Southey's *Botany Bay Eclogues.*

Dwarf Quiney and Coleridge, of humbugs a pair,
Chew opium—drink laudanum—and *preach* with an air * ;
And their pages the power of the opiates disclose—
He who tries to peruse them, soon drops in a dose.

Tom Campbell, who wrote of the sweet Ritter Ban,
On brochan †, and crowdy, was fed till a man ;
Now, his food (if we judge by his works lately read)
Can be nothing on earth but a clumsy calf's head.

Sir Walter—Redgauntlet—the tender and true,
Drinks malt out of pewter, or else mountain dew ‡;
Hogg's drink is thin swipes, and as every one knows,
We owe his prose tales to his feeding on brose §.

Crabbe must feast on his namesake, sour, eranky, and hard ;
Milk and water's the drink of Bill Procter ||—mild bard ;
O'Doherty joys in his jug of gin-twist ¶,
While Leigh Hunt sips green-tea till his brain's in a mist **.

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* Coleridge's preachifications are so contagious, it seems, that every body in surgeon Gillman's, where he resides, down to the errand-boy, has been infected therewith. The said errand-boy will touch you off a "Lay-sermon," on a box of pills as eloquently as Coleridge himself, when he originated the late war, as he says he did, in the Morning Post. See his *Biographia Literaria.*

† Brochan is a nauseous mess of onioned gruel, very popular in the Highlands, and so let it be. Accordingly you find some little spice of the onion in the Pleasures of Hope, which was written in the Isle of Mull; but the gruel prevails. The Lectures and the Ritter Ban are undoubted calf's head; but the Dream, in the last New Monthly, must have been inspired by flummery or drummock.

‡ Sir Walter is understood to have had many fine romantic ideas suggested to him by dining on highland venison and ptarmigan, or breakfasting on deer ham and heather ale. Your heather ale is a rare Pictish secret, which we shall disclose by and bye, having been favoured with the genuine receipt by Meg Dods, of the Cleikum Inn, St. Ronan's.

§ Hogg is known to have written the affecting story of the Woolgatherer after dining with Henry M'Kenzie on cock-a-leeky. The receipt for this dish has been promised us by half-a-dozen of our Scots correspondents. The Brownie of Bodsbeck smells villainously of braxy. The Queen's Wake is a Whiskey inspiration.

|| Bill Procter, alias Barry Cornwall, alias Water Willy, has been lately beating his brains to find out a substitute for the pure rills of Helicon, and has tried every ort of water from the New River to Fleet ditch—we are sorry to say unsuccessfully.

¶ This same O'Doherty is a fellow of infinite jest, of which it may be worth knowing that gin-twist is the undoubted father.

** It is seldom otherwise by the way, as the ghost of the murdered Liberal can testify. As one instance among a thousand, Shelly, when translating Goethe's Faust, could not find a pat word for *Felsen-see*, and put it in the margin. This word means the Rocky-sea, but Leigh Hunt, into whose hands the M.S. unluckily fell, having his brains mystified with Twining's Hyson, printed it off "Come with me from Felumee."—*See the Liberal.*

Critic Croly—crab, cray-fish, cream, crocodiles—cram,
If they jingled not so he'd be sure to cry, bam * ;
Little Moore on eau sucrée † melodious will squall,
Though he bitters it sometimes a little with gall.

Will Wordsworth drinks water from Windermere pool,
Whence his verse, though 'tis flowry, is thin, weak, and cool ‡ ;
But Wilson his pupil, the Moral Professor,
Sticks rather to toddy than water—I guess, Sir §.

Saint Montgomery, at drinking, stands shocked and aghast,
When Bowring, from Babel, for Brandy a hint drops ;
Sam Rogers, the wag, to his bees-wing sticks fast,
And peeps through his glass like the chap in the print-shops ||.

The meat and the drink of our bards being such
You may ask me what viands I usually touch—
And I tell you what gives my poor paunch most relief
Is a quart of brown stout o'er a buttock of beef.

So ended the song of the strange gentleman, whom we hope will never again be a stranger. His introduction was the brightest thing Kitchener ever did. We shall not, we promise you, lose sight of the influence of food and drink on the powers of the mind, and though the strange gentleman's song has for the present upset our graver philosophy, we shall get sobered again betimes, when you may expect an infallible draught for improving the memory, and of course for brightening the fancy.

Prince Esterhazy's Ambrosia for the Breath.

In addition to our former directions and receipts for improving the breath, we recommend the following, as being much used and approved of in the highest circles.

Take four ounces of terra Japonica finely pulverized; one

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* How Croly would dote on the aliteration of

"Begot by butchers, but by Bishops bred
How high his honour heaves his haughty head."

We dare say he could tell us something of these lines if he choosed.

† Moore, must, to a dead certainty, have been nursed by Longman and Co's. Grandmother. See the old Lady's eulogium on Sugar, Oracle, Page 75. The gall he procures from disappointed Whigs, such as the Sorrowing Stot, &c.

‡ Peter Bell's ass is said to be one of Wordsworth's pot companions at tippling lake water.

§ Wilson is now hard at Kant; he had better con his neighbour Barclay. Kant is a crazy goose only fit for the reading of Coleridge and Quincy, having as many new words as Jeremy Bentham, and not a single idea of his own to bless himself upon.

|| See a smartish print just published, entitled "The Bees-wing," the idea of which was taken from Rogers, who has a peculiar way of chucking up his glass between his eye and the light, and at the same time putting his tongue in his cheek, in exquisite expectation of the racy goût of the liquor.

ounce of fine sugar candy, also powdered. Grind two drachms of the best ambergris, with twenty grains of musk. Dissolve, also, half an ounce of pure gum tragacanth in about three or four ounces of orange-flower water. Mix all the ingredients together, so that they shall form a stiff paste, which is to be rolled up into pieces of the thickness of a straw. Cut these into small lengths, each about the eighth part of an inch, and lay them in clean paper for use. They will be found to be a very superior perfume for those whose breath is disagreeable.

Sampsonizing Match between Sir Astley Cooper and Mr. Charles Bell.

Sir Astley Cooper seems to be in for the no very enviable predicament of the frog and the harrow—no sooner does one prong of the instrument cease to gore him, than slap comes another sharper than the first, and a third, sharper still, wearing the dreaded form of a lancet, cutting away without mercy wherever there appears any morbidity of science or morals. We have seen it remarked somewhere, and we treasured up the sentence, not so much from its novelty as from its being a faithful expression of what every body has observed, namely, that honours and distinctions are always certain to excite jealousy, envy, and detraction. No sooner does a man outstrip his competitors in the career of human glory, than he is pertinaciously hunted and persecuted with all the bitterness of invective, and the contumelious falsehoods of vulgar abuse. All his great and unrivalled achievements are put under the grinding scrutiny of critics, who have no idea that there can be any excellence in literature or science, except in their own paragraphs of successive defamation of all that is good and great. Their sovereign pleasure is—not to feel their minds glow and expand in tracing the acuteness, penetration, and research of exalted genius, or in contemplating the extended and glorious views which great minds have unfolded of the economy of Nature, and the wisdom and goodness of providence :—For such they have no relish. Their sole desire is to find fault, to detract, or, in their own elegant phraseology, to *cut up*, that is, to mangle and maim all works of high merit—in order, as it appears, to demonstrate that they, the critics, have reached so lofty a pinnacle in the temple of knowledge as to entitle them to look down with contempt on all but themselves, and to bedim, at their convenience, the splendid efforts of genius by the foul breathings of envious censure, which first misconceives, then magnifies its misconceptions, and finally discovers every beauty to be a deformity, and every excellence a fault.

All this may, for aught we know, apply to Sir Astley Cooper; but it is our duty, as public men, neither to be swayed by high authority nor to join the rabble that set themselves in hedgehog array against merit and success. We must abide by the truth, the whole truth, and nothing but the truth.

You will recollect the sparring between Earle and Sir Astley, when the Baronet was brought to his marrow-bones, and forced to cry out "Good God!" and all that sort of thing, (see above, pages 39, 118, and 407.) That storm has blown over, and the two combatants are now upon terms of civility at the Medico-Chirurgical and elsewhere, though Earle, being a Bartholomew man, will have influence enough, we dare say, to keep Sir Astley and his friends out of office there, excepting perhaps the occasional boon of a vice-presidentship, to save appearances and to prevent danger to the Bartholomew junta, who rule the roast in Lincoln's Inn Fields, after the same fashion as Sir Astley's men divide among themselves the loaves and fishes of the Borough. Such is the world. Juntas and jobbing infest every corner of the land. Perhaps Dr. Bozzy* Granville could tell something of this about the Medico-Chirurgical, and Dr. Copland something of the Bolt Court caballing, the latter of which certainly deserves to be shown up—and shall be, soon.

Mr. Charles Bell has just planted a much harder hit upon Sir Astley's reputation than Mr. Earle did. You may recollect that Earle charged the Baronet with torturing the patients who had broken thigh bones, till he rendered them incurable—and with barbarously exulting that all his friends and pupils had been equally dextrous at the business, for none of them had ever cured a bone so broken. Mr. C. Bell goes much further than this, insinuating that it is little short of murder to dig out, according to Sir Astley's practice, certain portions of the backbone, or to quarter a man at the hip-joint. Bell has been confessedly instigated to bring this charge by the sarcasms reported to have been levelled at him in the Borough lectures, in which Sir Astley is understood to have publicly called Bell "a blockhead," and to have bestowed upon him other epithets of similar pith and moment. This is not all.

Mr. C. Bell further avers and maintains that Sir Astley is either altogether ignorant of the history of surgery, or that he designedly appears to be so; inasmuch as he shows off and teaches as his own discoveries, several important facts and doctrines first published by Mr. John Bell, carefully concealing the sources of his knowledge, by telling his pupils that Bell's

* We have a perverse inclination to read "Fozie."

books are unworthy of their notice, and broadly hints that the Bells are "foolish persons." For John Bell we do not answer, as we require not to disturb the dead; but Charles Bell, fool and blockhead as he is thought to be at the Borough, has here given Sir Astley a milling, which he will not so soon recover from as he did from the more youthful Sampsonizing of Earle.

The Resurrection Men, and the Public.

One of the most injurious prejudices with which we are acquainted, is that so universally entertained against anatomy and dissection; yet has this prejudice, instead of being attacked by the public press, been loudly advocated by it for the base purpose of pandering to the mob. We have been very highly pleased with a little tract upon this subject, by Mr. M'Kenzie, of Glasgow, which is penned with strong argument and classical eloquence.

"Allow me," says he, "in imagination, to convey these persons from the dissecting room, where a single dead body lies under the minute knife of the anatomist, who in his hidden and silent retreat is making out every little vessel and moving thread which it contains, and out of its very corruption is preparing to instruct, perhaps, a hundred young and ardent minds, in a knowledge of those facts which are to prove, in their hands, the salvation of innumerable lives—let me convey them from a scene which they loath so much and know so ill, to one which they have heard of more, and have loved better—to the battle-field, where thousands of living men, armed with every instrument of cruel death encountering thousands: the red and living blood is pouring in torrents, the air is rent with agonizing cries, and in a little hour the ground is covered with weltering corpses. We have seen the day, when Britain, reckoning up the slain, cooly subtracted the number of her own sons whose blood had drenched a foreign soil, and whose bones, stript by the hungry vulture, were left to bleach in the storm. The humane and feeling public received the estimate of slaughter with rapture. It was the estimate of what they had won. The youth, the vigour, and beauty of the fallen were forgotten. The loud lamentations of the widow, the mother, and the sister, refusing to be comforted, were lost in the deafening cry of victory.—If the end of war, which is the defence of our country, is sufficient at once to justify the adoption of a mean so terrible as the destruction of hosts of living men, surely the end of anatomical study, which is the assuagement of human suffering, is ten times sufficient to justify the dissection of the dead."

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